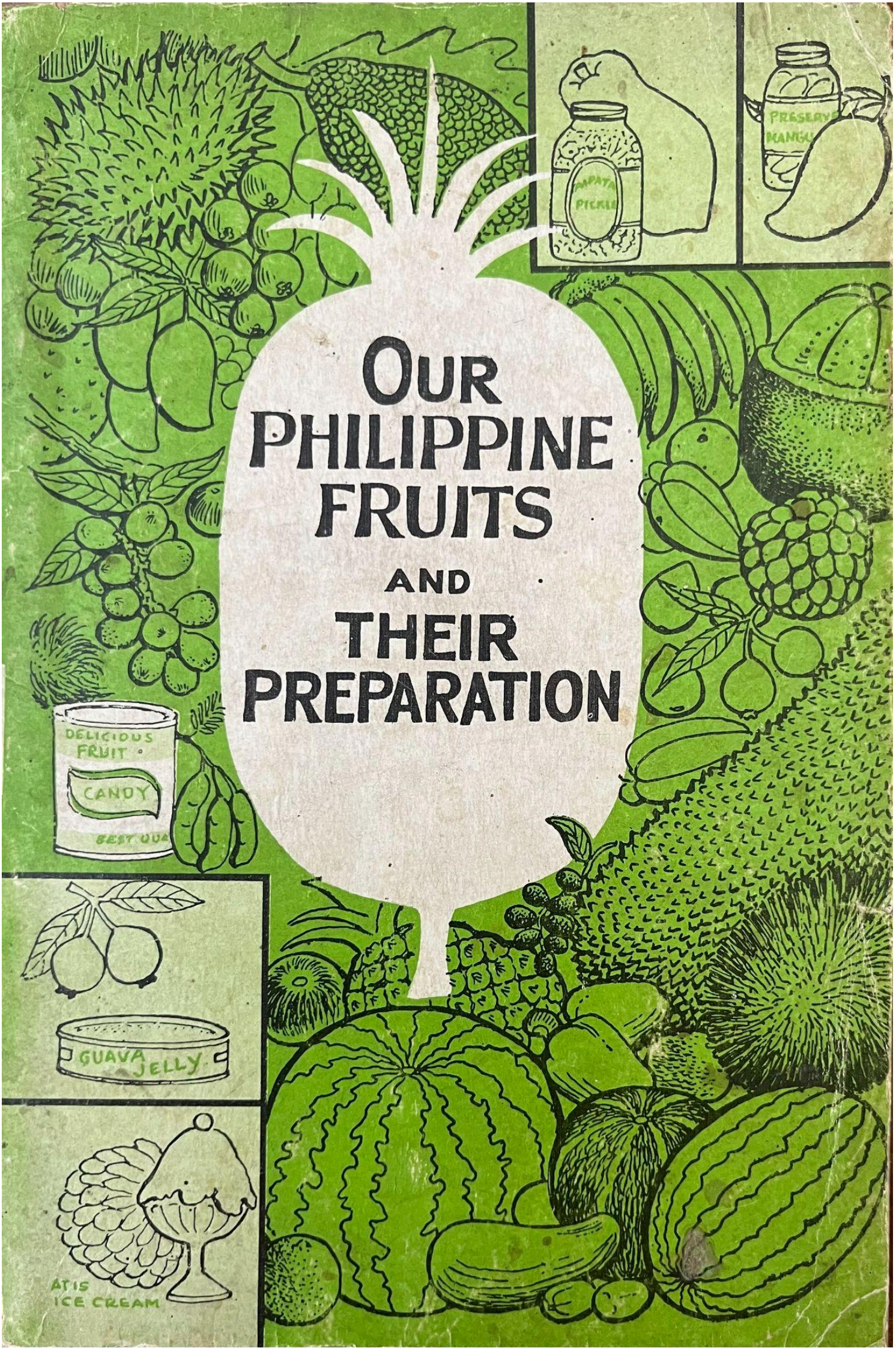

OUR PHILIPPINE FRUITS AND THEIR PREPARATION

OUR PHILIPPINE FRUITS AND THEIR PREPARATION

by

Emilia S. Vito

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PREFACE

We live at an age when proper food selection and preparation demands meticulous attention of housewives and most especially, our Home Economics teachers who are teaching the subject.

Our Home Economics courses have been enriched to meet this growing demand and students and pupils taking Home Economics lesson are beginning to be aware of the value and importance of fruits in our daily meals.

Our country abounds in nutritious fruits growing all over the islands. It is the purpose of this book to acquaint our pupils with our common fruits; so they will be able to recognize them right away and learn the essential food elements and vitamins that go with them. It will be worth remembering that austerity or thrift can be well observed in food preparation by using our native fruits and ingredients without destroying the elements of a balanced meal.

It is hoped, then, that this text may inspire and develop sincere appreciation for native recipes which are economical and easy on the family budget.

The Author

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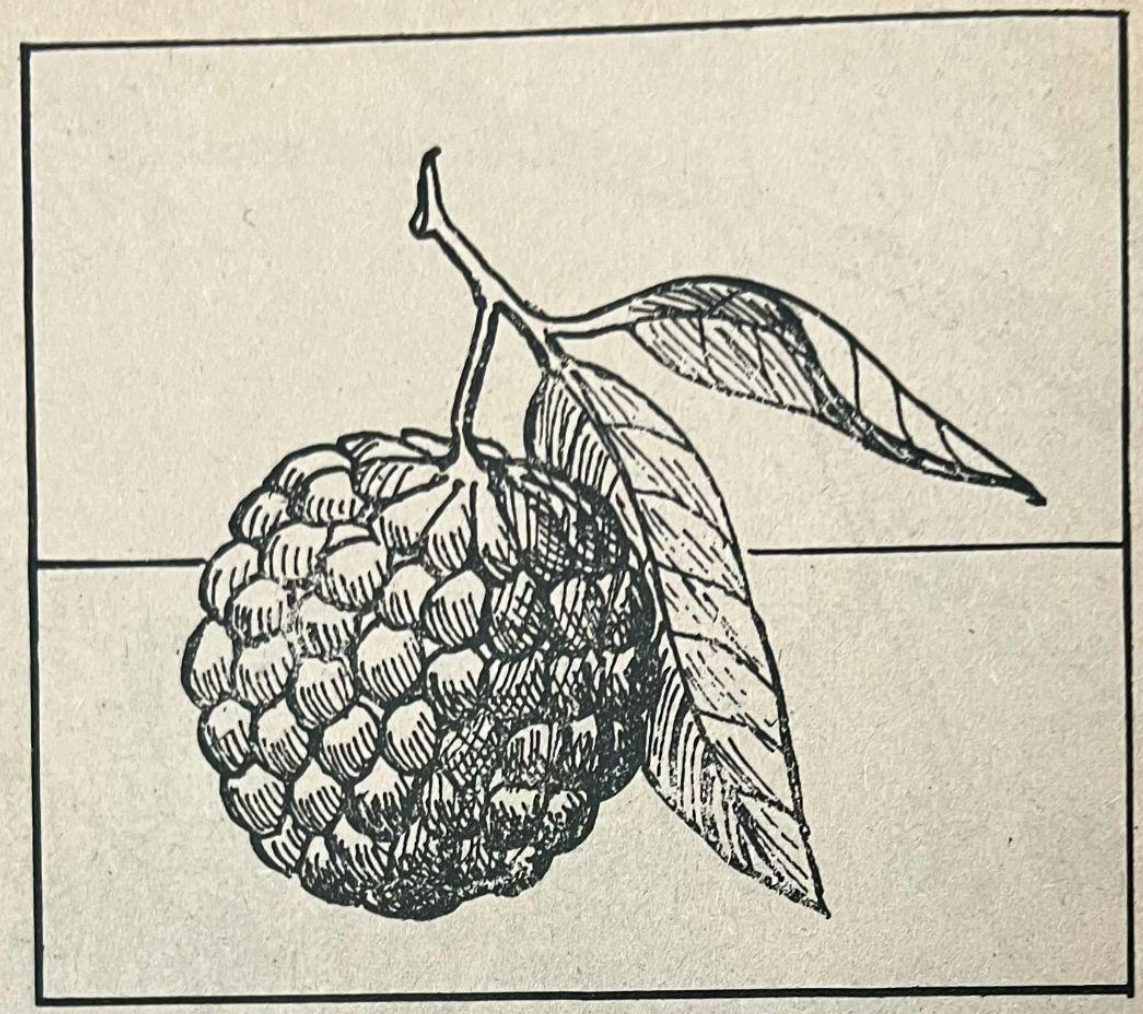
OUR PHILIPPINE FRUITS AND THEIR PREPARATION



THE ATIS

Atis is a native of tropical America. It was introduced in the Philippines by the Spaniards. It is cultivated throughout the country for its delicious fruit.

In some places the fruits is called **yates.** Its popular name, however, is atis. The English names are sugar apple and sweetsop.

The atis plant is a small tree about 3 to 5 meters in height. Its leaves are alternate, somewhat hairy when young, oblong, from 8 to 15 centimeters in length with a petiole of 1 to 1.5 centimeters in length. Its flowers have three hanging petals of yellowish or greenish-white color.

The shape of the fruit is round. It is about 6 to 9 centimeters long. The skin is rough and covered by humps. When ripe it is light yellowish green and its skin readily breaks. The flesh of the fruit is white, soft, juicy, with a mild, very agreeable flavor. Its pulp contains many black seeds.

Atis is very refreshing and is a favorite fruit of the Filipinos.

Atis is usually eaten as is. It is good for dessert. It is also made into excellent ice cream.

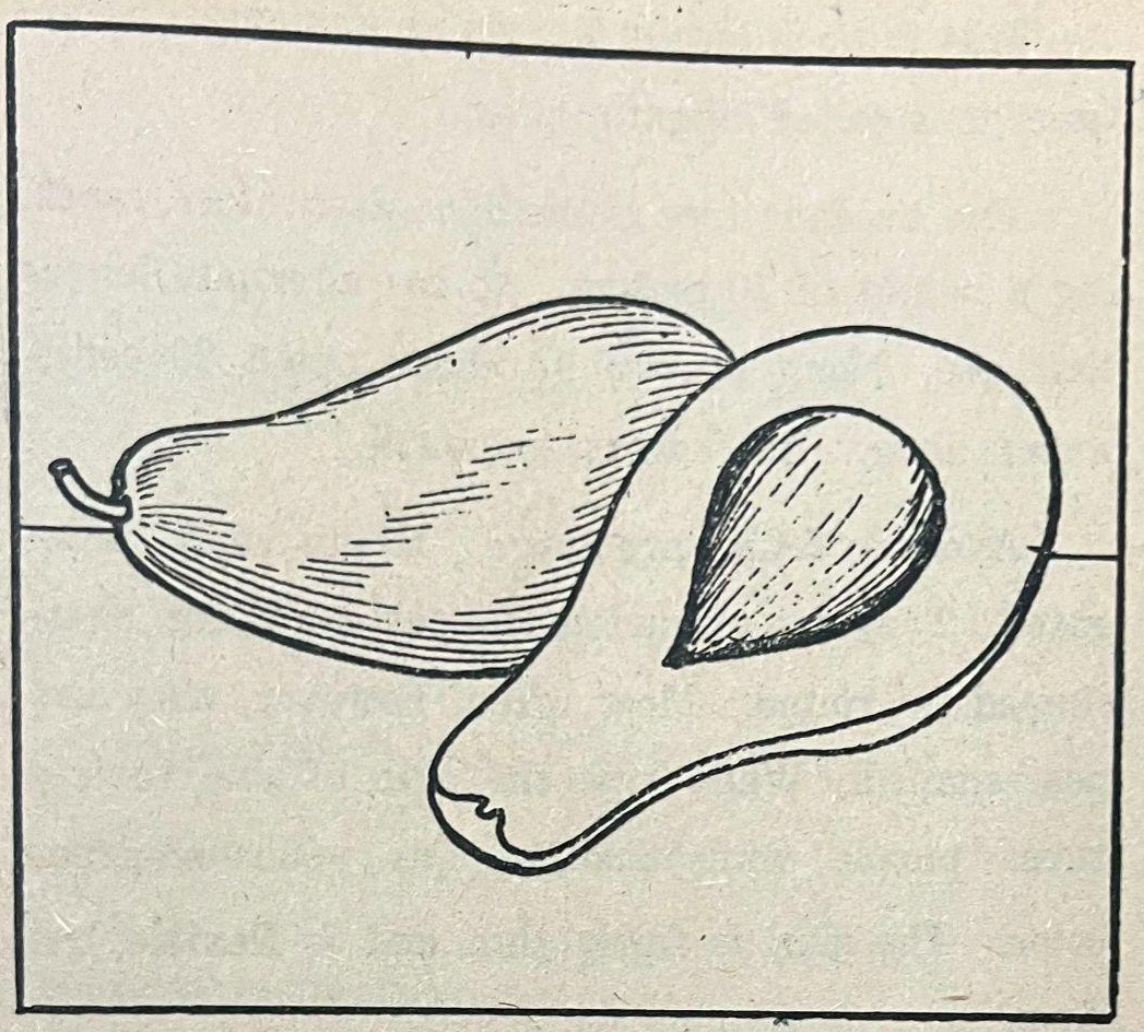
Atis fruit is nutritious. It is rich in sugar. It is also a good source of minerals and Vitamin C.

Words for Study:

petiole humps

Questions to Answer:

1. Where is the origin of the atis?
2. What are the English names of this fruit?
3. By what name is it known in some places in the Philippines?
4. How may the fruit be prepared for eating?
5. Why is the fruit good for the body?



THE AVOCADO

The avocado is another fruit from tropical America. It was introduced in the Philippines just a few years ago. It is widely cultivated for its edible fruits. There are many varieties of avocado. And the most common varieties are the green and violet avocado.

This fruit is locally known as abukado. Sometimes it is called alligator pear.

The avocado tree is medium-sized often reaching a height of 10 meters. It has alternate leaves that are oblong or oval in shape about 20 centimeters long. Its flowers are small.

Avocado fruits are large, fleshy and elongated. They are of various shapes — oblong, pear-shaped or round. Most often, however, they are pear-shaped. When ripe the skin of one variety turns purple while another has yellowish-green color. The skin is fairly thin and is flexible but firm.

The fruit varies in size and some weigh up to 2 kilos. It contains a single, large pear-shaped seed surrounded by abundant soft, yellowish-green flesh that has a nutty flavor.

Avocado may be used in many dishes both hot and cold. It makes excellent soup which may be served hot or cold. It may be eaten as is. But it is commonly prepared as salad and as ice cream. It may also be prepared with sugar, milk and

crushed ice. Some people add it to soup before serving. It is a good ingredient for making fruit salad.

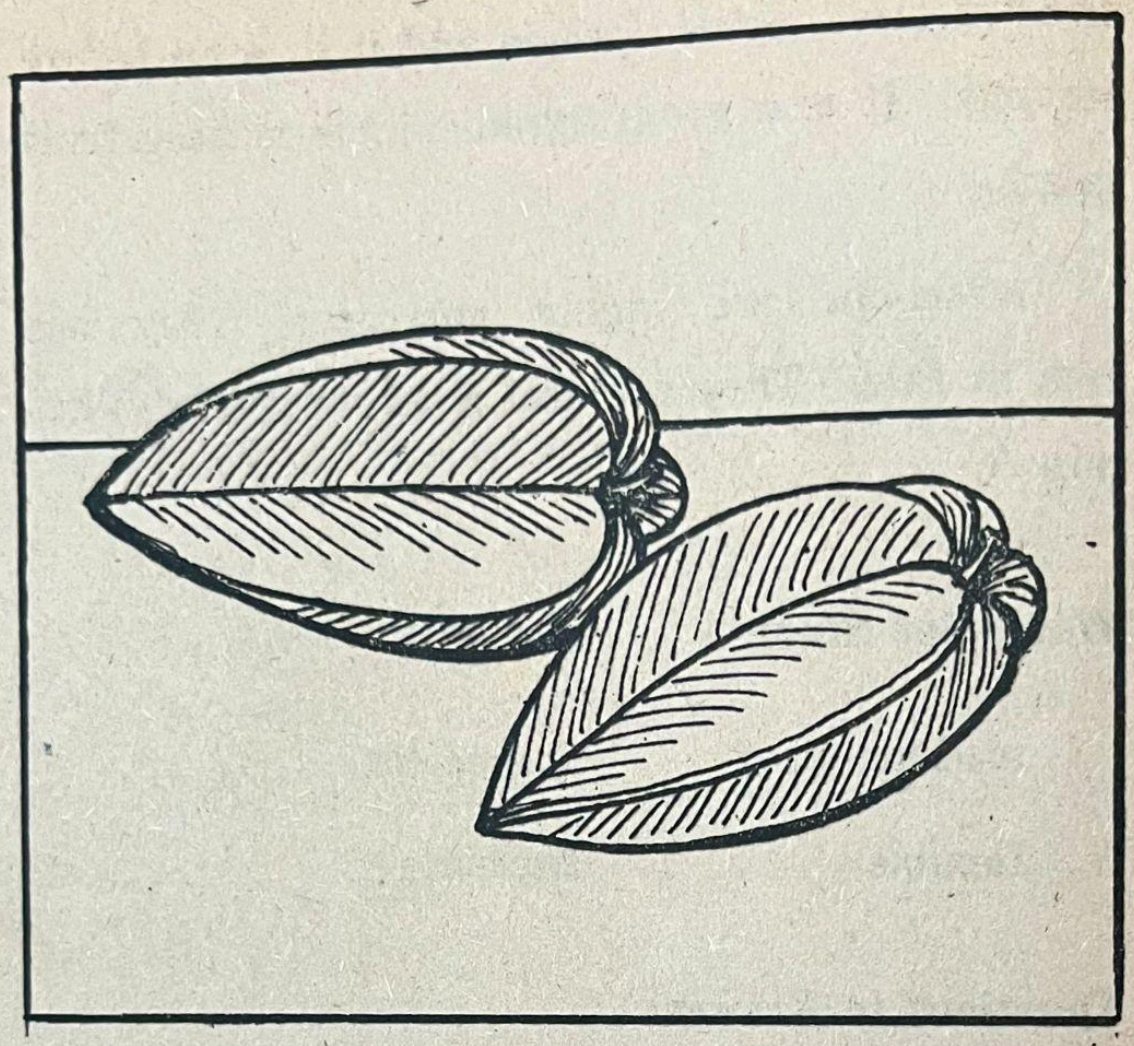
Avocados are highly nutritious. They are rich in fats. They are also good sources of Vitamin A.

Words for Study:

medium-sized	ingredient
flexible	alternate

Questions to Answer:

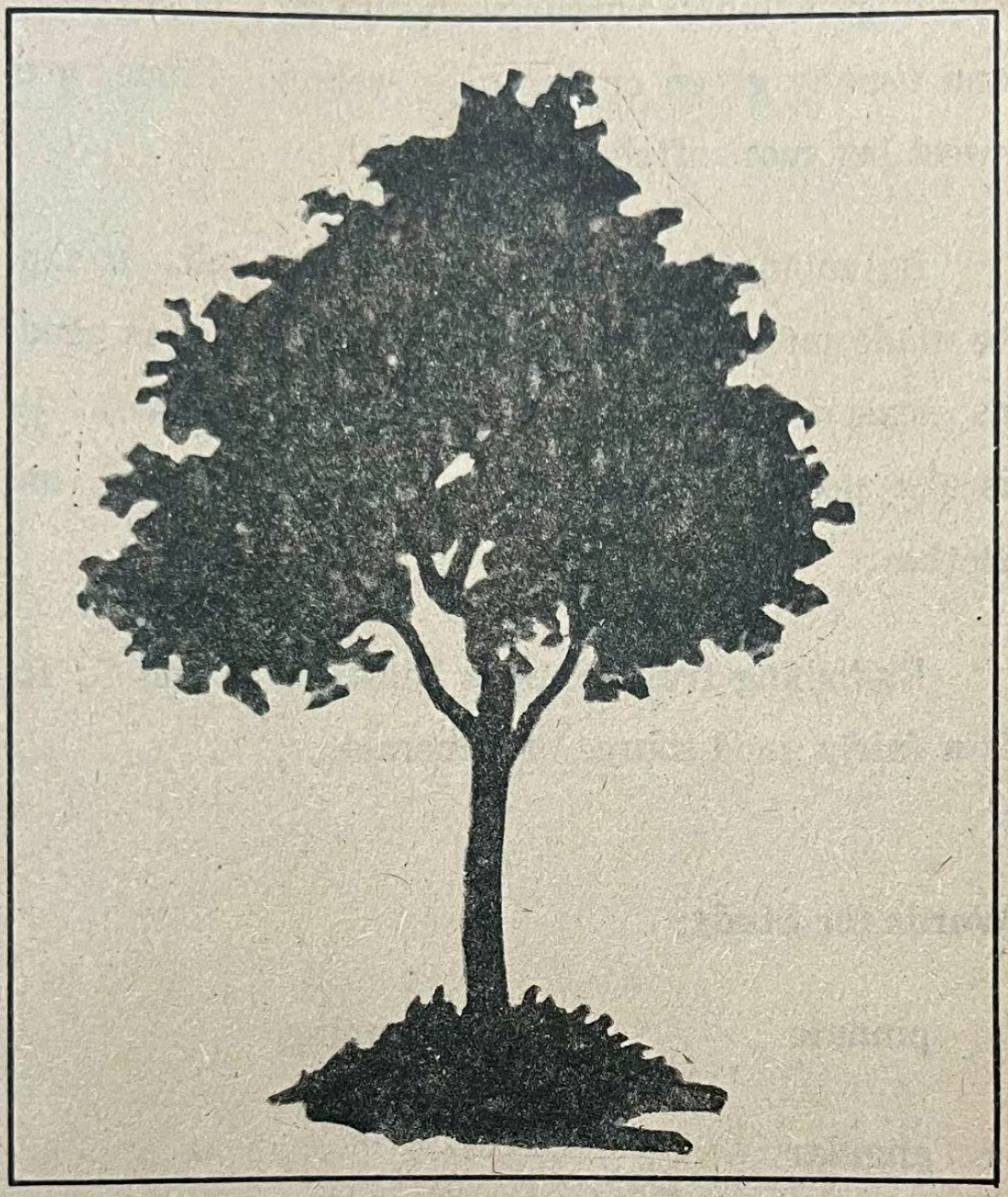
1. What varieties of avocado are grown in this country?
2. By what name is the fruit sometimes called?
3. What colors do the fruit have when ripe?
4. In what different ways may the fruit be prepared?
5. What food substances do the fruit have?



BALIMBING

A native of tropical America, balimbing was introduced in the Philippines by the Spaniards. It is widely cultivated throughout the country.

Balimbing is a small tree as high as 6 meters. The leaves are pinnate, and are about 15 centimeters long. Three are about 5 pairs of leaflets to



the leaf. They are smooth and pointed at the tip. The upper ones are bigger than those below. The clusters of flowers are purple with a white margin.

The fruit is about 6 centimeters long with five angular parts running lengthwise. It is fleshy and usually green or greenish yellow. Some are sweet but most often they are sour.

Balimbing fruit is eaten raw with salt. It can be made into pickles and sweets. The juice is good as seasoning especially for chicken **sinigang.** It is also good for removing spots and stains on clothes.

Balimbing fruit contains Vitamins A and C. It is a fairly good source of minerals.

Words for Study:

pinnate

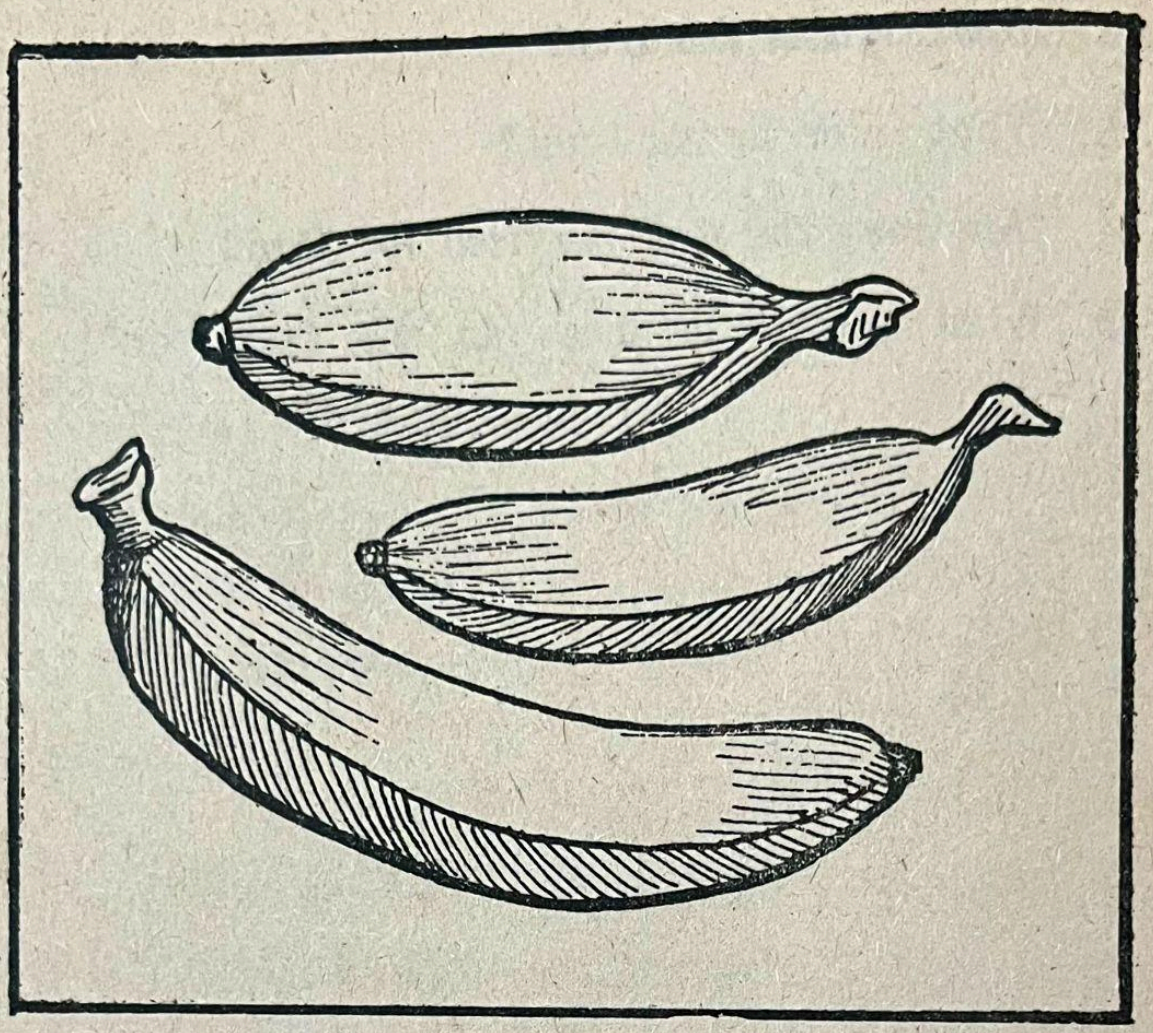
angular

seasoning

Questions to Answer:

1. Who introduced the fruit in the Philippines?

2. How high is the tree?
3. What color is the fruit?
4. How may the fruit be used for food?
5. What food substances do the fruit contain?



BANANA

The banana is the commonest and most extensively cultivated fruit in the Philippines. It is grown the whole year round. It was introduced in the country from Malay and tropical Asia.

There are many known varieties of banana cultivated here. The most popular, however, are

the lacatan, latundan, saba, gloria and bungulan varieties.

The banana is a tall, tree-like herb reaching a height of 3 to more than 6 meters. It has large, broad leaves. The fruits are generally oblong but their size varies. The thickness of the skin and general hardiness vary. The lacatan, saba, gloria and bungulan have thick skin. The first three varieties last longer than the bungulan. The pulp varies in color from white to yellow orange.

When ripe, bananas are delicious and are popular as dessert. They are eaten raw especially the lacatan, bungulan, latundan, and gloria. Others like the saba and tundok are fried, roasted or boiled before they can be eaten. The pulp when mashed can be made into ice cream. When diced they can be used for making fruit salad. A variety known as butuan is used as a vegetable when young. The ripe fruits can also be used in the preparation of wine, rum and brandy.

Bananas are nutritious being rich in carbohydrates, minerals, and Vitamin A.

Words for Study:

extensively

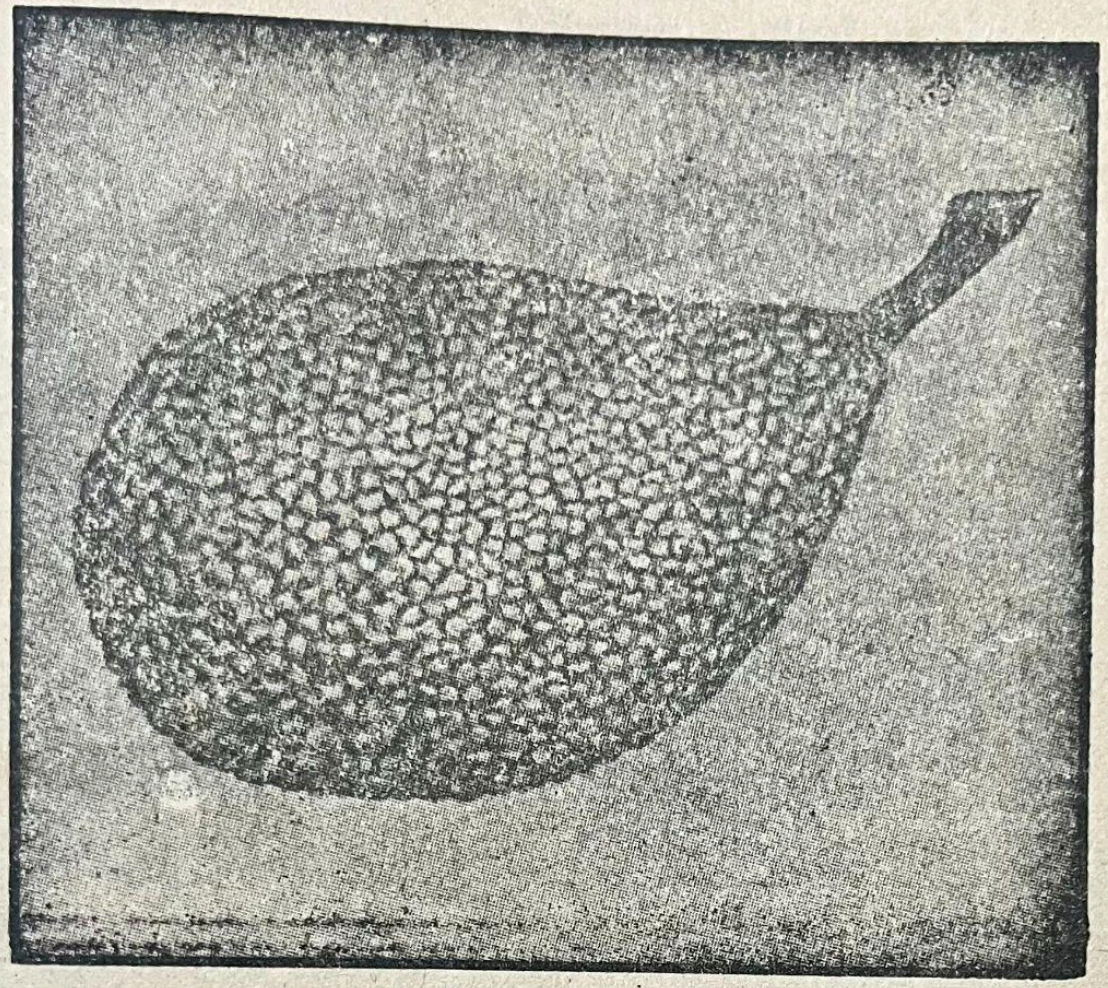
herb

hardiness

nutritious

Questions to Answer:

1. Name some of the most popular varieties of banana that you know.
2. How do the fruit of the different varieties vary?
3. What varieties are not eaten raw?
4. What variety may be used in making wine?
5. What food substances do we get from bananas?



BREADFRUIT OR RIMAS

Breadfruit or rimas is a tropical fruit. It is the staple food in the Malayan-Polynesian regions. It was introduced here and is now widely cultivated in many parts of the country.

Rimas is a large tree that grows to about 40 feet high. It has spreading branches with leaves that are large, glossy, dark green and deeply lobed. Its fruits hang singly, or in clusters of two or three.

Rimas fruit is rounded or oval about the size of a child's head. Its skin is rough. Its flesh or pulp is firm, light cream and mealy. It has no seeds.

Rimas fruit is not eaten raw. It has to be cooked before it is eaten. It may be boiled and served with coconut and sugar, or it may be fried. In some countries, it is baked or steamed. In the Philippines, it is mostly made into candy or sweet. Sometimes it is cooked with coconut milk as a vegetable.

Rimas contains minerals and Vitamins A and C.

Words for Study:

singly	mealy
glossy	marked off

Questions to Answer:

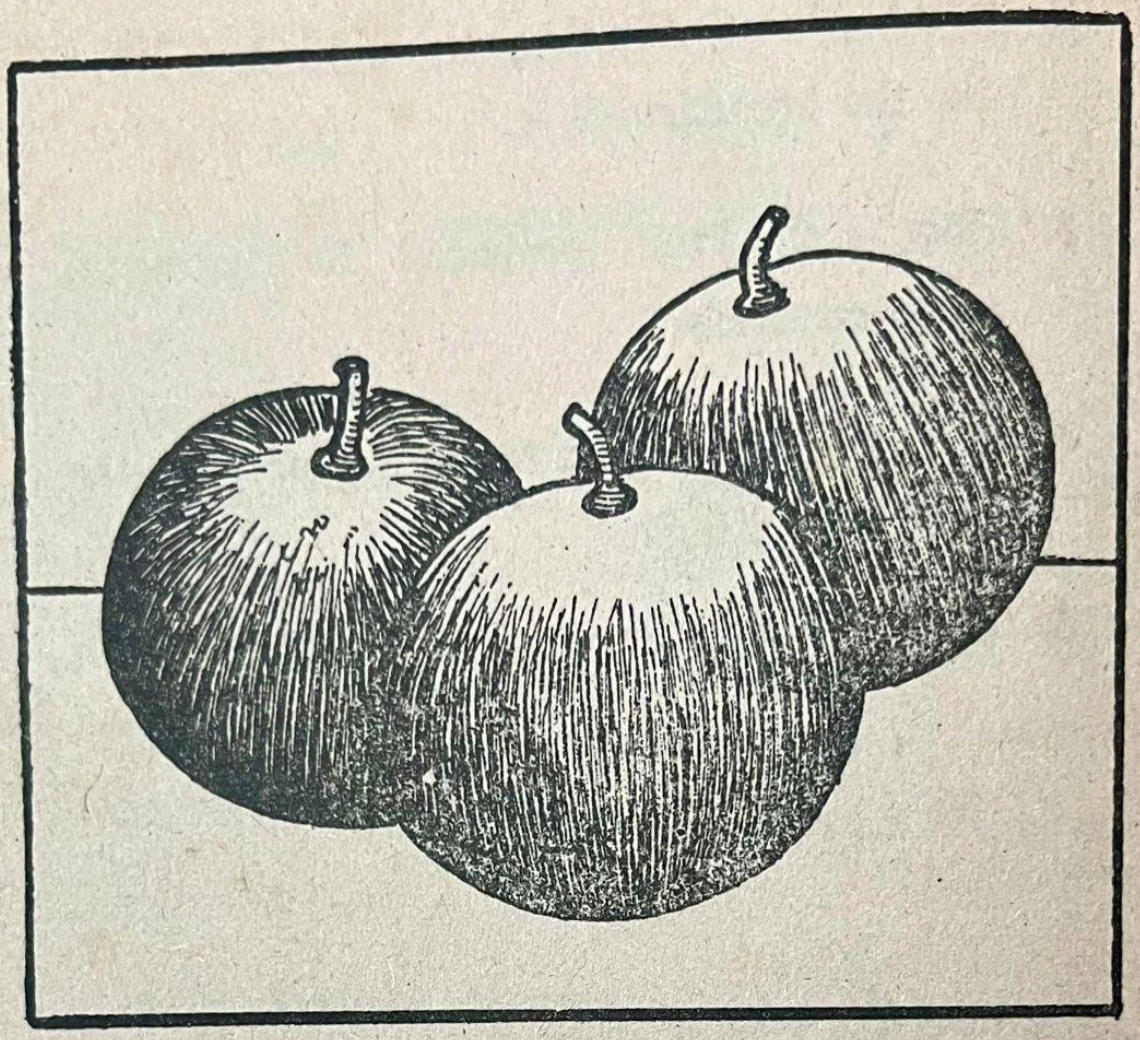
1. In what country is the breadfruit the staple food?

2. What other fruits do you know which looks like the breadfruit?

3. How is the fruit prepared for eating in other countries?

4. In the Philippines how do we prepare the fruit for eating?

5. What vitamins do the fruit have?



CAIMITO — STAR APPLE

Caimito is a fruit from tropical America. The plant is cultivated in many places in the Philippines for its fruit. It is sometimes planted as an ornament.

Caimito is a big tree growing to a height of 15 meters. It has a spreading crown. Its slender branches are covered with leaves that are leathery,

ovate or oblong, shiny green on the upper surface and velvety-golden beneath. They are about 7 to 13 centimeters in length, pointed at the tip and rounded at the base. Its flowers are in clusters.

The caimito fruit is usually globose, spherical or oval in form. The skin is smooth and shiny with varying color, greenish or purple when ripe. The edible pulp is soft, translucent white, surrounding 5 or more large dark brown seeds about 2 centimeters long. The cross-section of the fruit looks like a star, hence, perhaps, the English common name. When fully ripened in the tree before harvest it is sweet, delicious and refreshing. When picked up not fully ripe, it does not continue ripening after harvest and it has abundant sticky latex.

There are three types of caimito fruits grown here. The rounded type is about 7 centimeters in diameter. The long type is about 9 centimeters long and about 7 centimeters wide. This type is larger at the tip. The top-shaped type is about 8 centimeters long, 6 centimeters in diameter and larger towards the base.

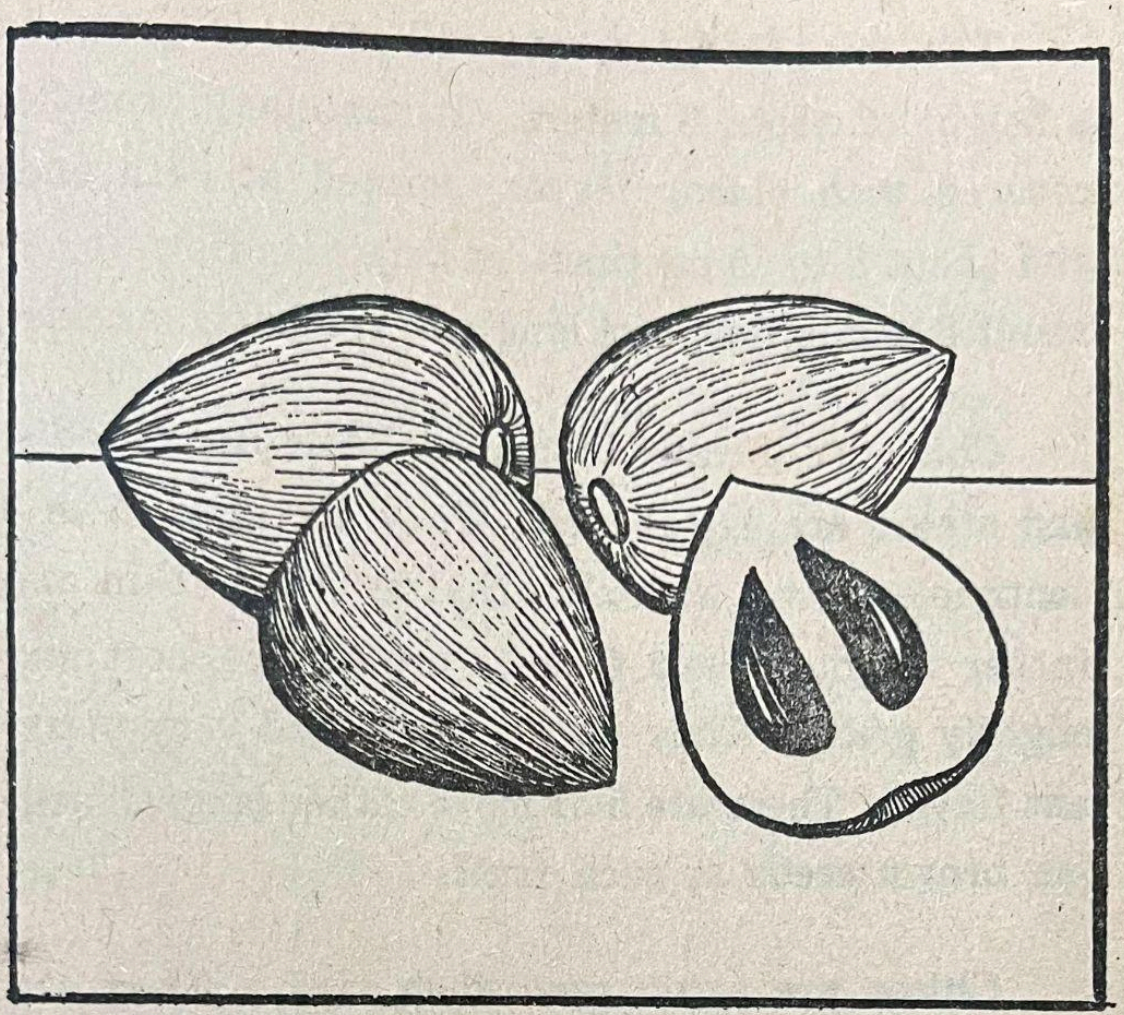
This fruit is usually eaten as is. It is a fair source of minerals.

Words for Study:

ornament leathery

Questions to Answer:

1. What is the English name of caimito?
2. Aside from its fruit what other use has the caimito tree?
3. Name the three types of fruit grown here.
4. What colors do the fruit have when ripe?
5. Name the food substances obtained from caimito.



CHICO

The chico came from tropical America and was introduced here during the early Spanish regime. It is now cultivated in most parts of the country, where the soil is well drained. The most common varieties grown here are the "pineras", "ponderas", and "Sao Manila."

The chico is not a very tall tree. It grows to a height of about 8 meters. It has many branches covered with oblong leaves, pointed at both ends and about 8 to 15 centimeters long. Its flowers are about 6 to 8 millimeters long and are hairy outside.

Chico fruits vary in shape. Some are rounded and others are egg-shaped. They are about 5 to 8 centimeters long with skin that is brown, thin and rather rough. Their flesh is brown, too, soft and slightly gritty. They have a sweet and very pleasant flavor. There are 5 or more rather large, blackish brown seeds in each fruit.

Chicos are eaten raw when ripe. They are fair sources of sugar and minerals.

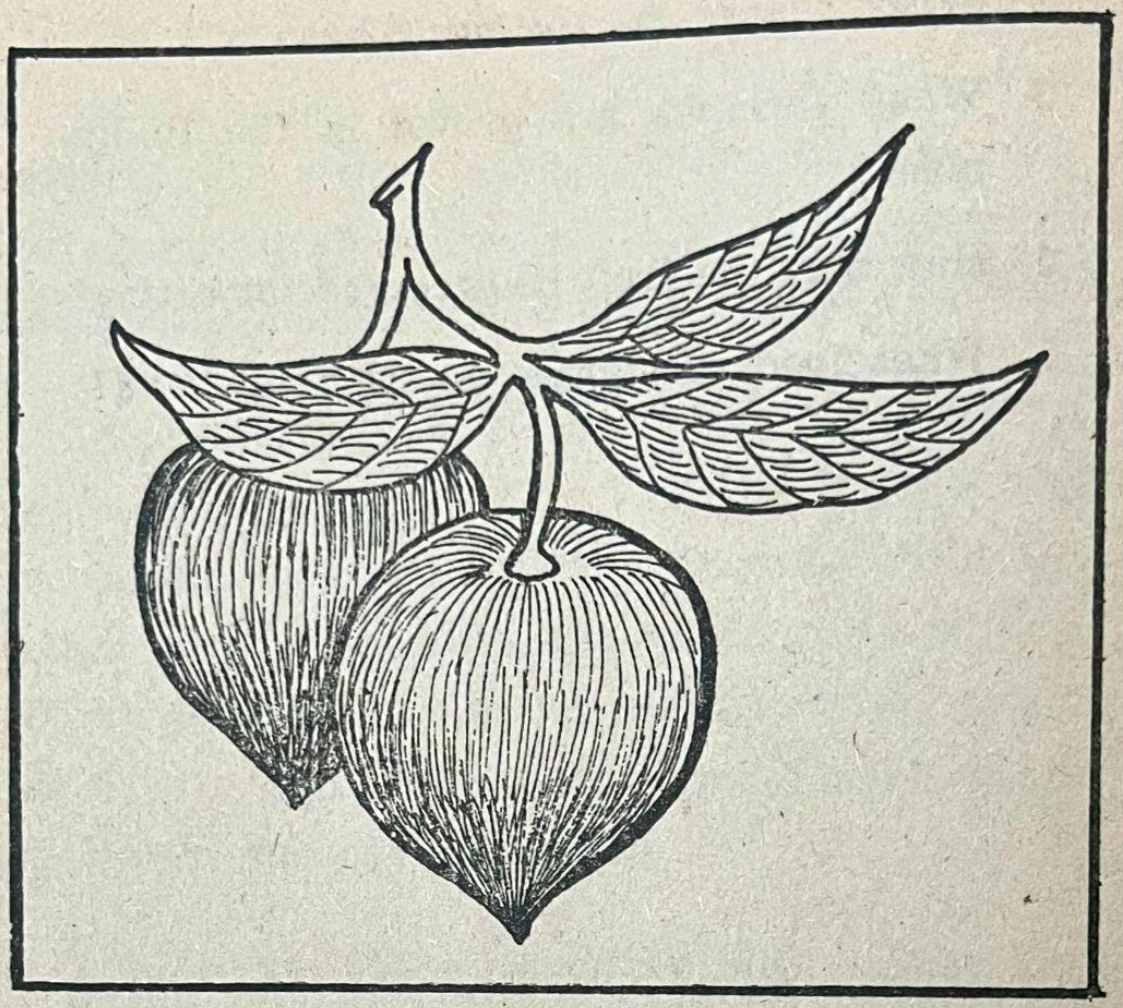
Words for Study:

regime gritty

Questions to Answer:

1. Where did the chico come from?

2. What shapes do the fruit have?
3. What varieties are grown in the Philippines?
4. How may the fruit be prepared for eating?
5. What food substances do the fruit have?



CHICO — NAMEI

Chico-namei was introduced in the Philippines by the Spaniards. It came from Mexico. It is cultivated extensively in the provinces of Cavite and Laguna.

Unlike its sister tree, the chico, chico-namei is tall, reaching a height of 15 meters. Its leaves are

clustered, about 4 to 10 centimeters long, smooth, light green on top and pale brownish under. Both ends are pointed. Its flowers are small and have five petals.

The chico-namei fruit is russet brown and very much like the chico in shape. But it is very much larger growing to about 7 to 15 centimeters long. Its skin is thick and firm. It has only one seed. The flesh of the fruit is pinkish, soft and fairly dry. It is sweet.

Chico-namei is eaten raw. It is a fair source of sugar and minerals.

Questions to Answer:

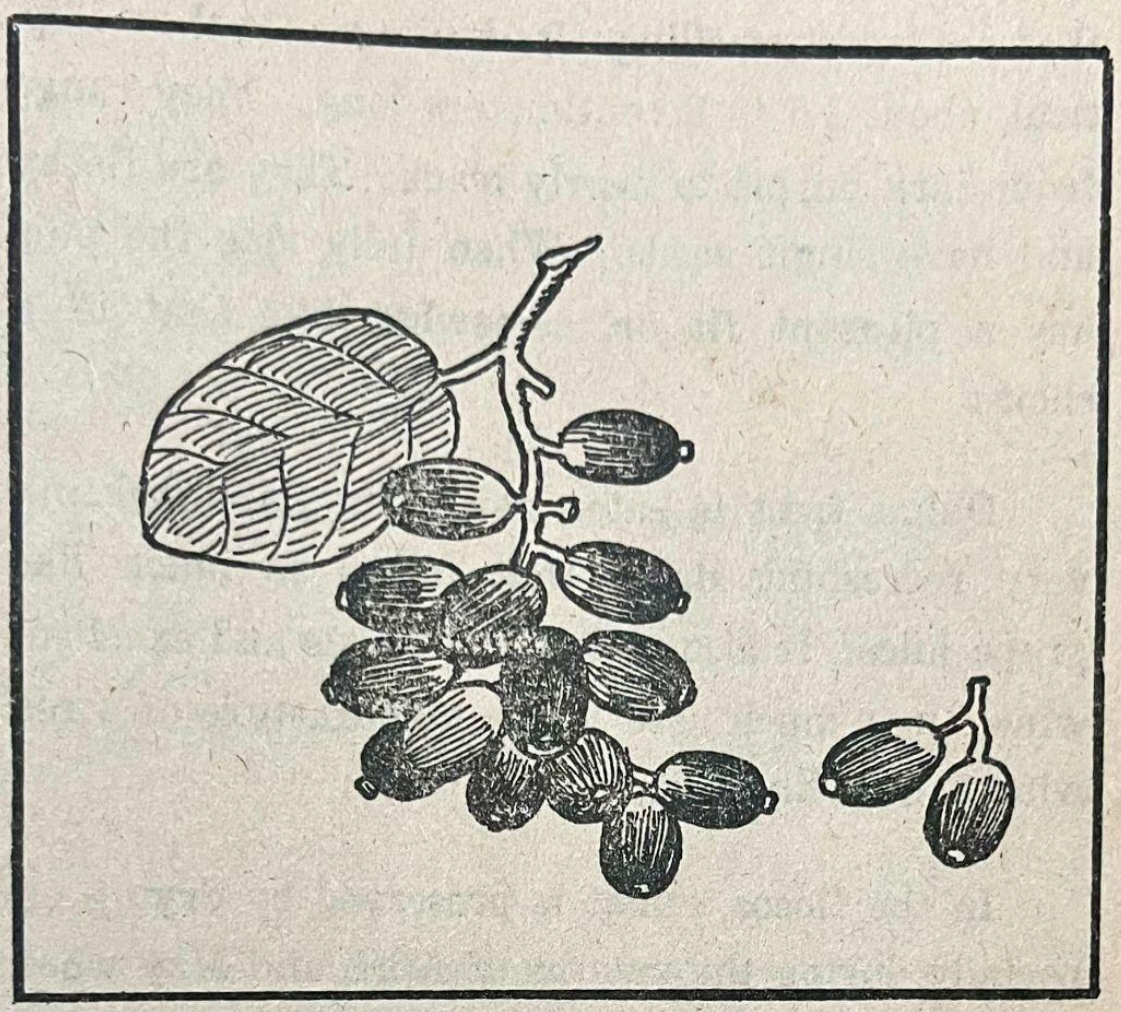
1. Who introduced the chico-namei in the Philippines?

2. Where did it come from?

3. In what places is the fruit tree cultivated?

4. How is the fruit different from the chico?

5. What substances do we get from the fruit?



DUHAT

Duhat is one of the most popular Philippine fruits. It is found throughout the country. In some places it is not cultivated but grows wild. It was introduced here from Malaya.

Duhat is not a very large tree. It grows from 4 to 15 meters high. Its leaves are leathery, oblong or elliptical in shape. It bears many pink flowers

that are sweet smelling. Its fruits are oval or elliptical, about 1.5 to 2 centimeters long. They range from dark purple to nearly black. They are fleshy and have single seeds. When fully ripe the pulp has a pleasant flavor, somewhat like that of a cherry.

Duhat fruit is eaten raw. Its juice makes a very refreshing drink that tastes so much like grape juice. It also makes a delicious and excellent wine. It is much used in the manufacture of a red wine called "tinto dulce".

In the Ilocos, duhat is preserved by drying especially during the months of April and May when the fruit is in season. The fruits are soaked and washed in clean water and then dried under the sun. This process brings out the sweetness of the fruits.

Dried duhat is called "kurriit" in the dialect and is often referred to as the prunes of the Ilocanos. For it is indeed as delectable as the imported prunes though it is less fleshy.

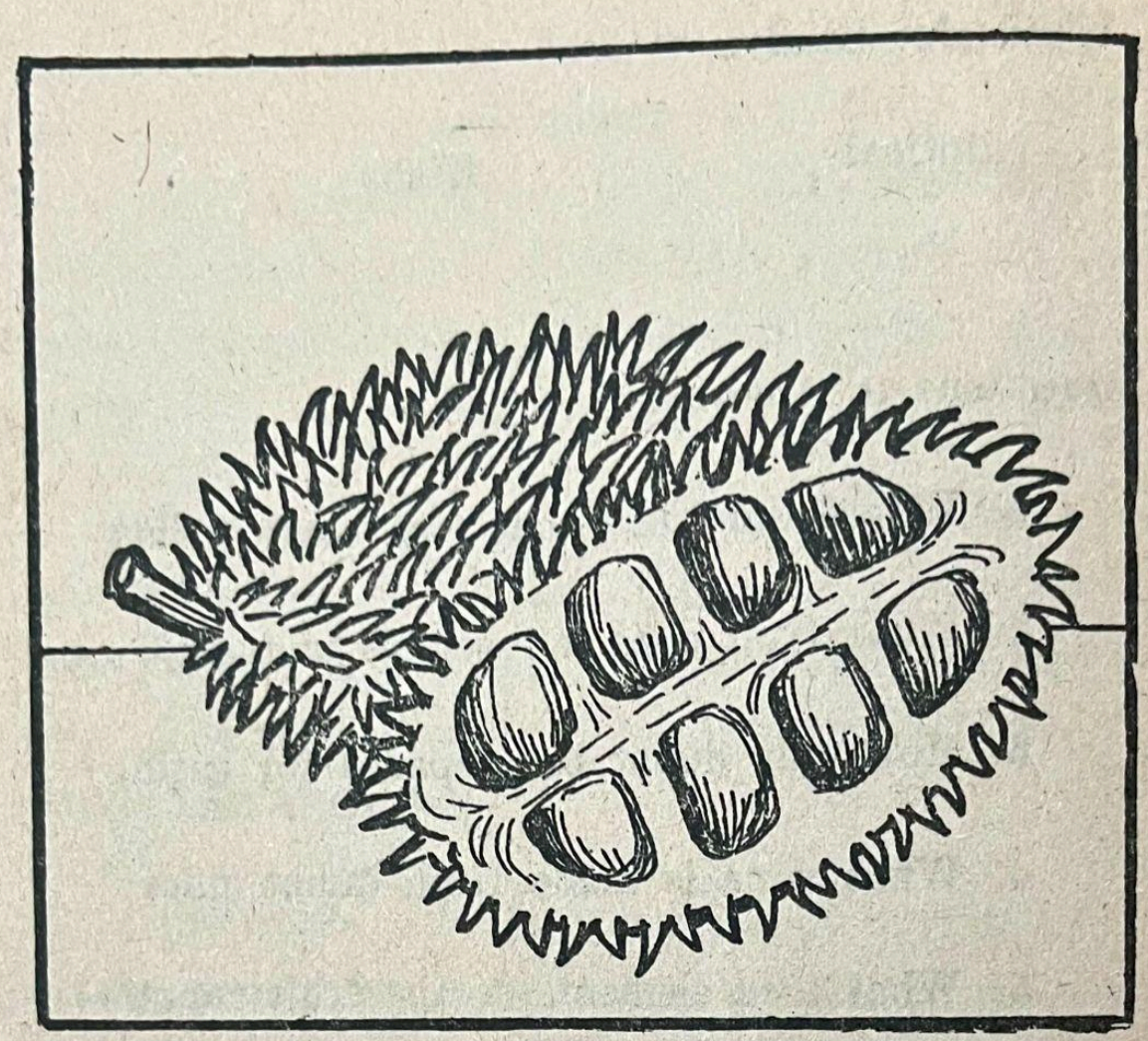
Fresh duhat is a good source of water and has little minerals and vitamins.

Words for Study:

elliptical fleshy

Questions to Answer:

1. Where did the duhat tree come from?
2. What fruit does it resemble in taste?
3. How may duhat be prepared for eating?
4. What wine is made from duhat juice?
5. What food elements do the fruit contain?



DURIAN

Durian is one unique Philippine fruit that is not so widely known. It grows wild and is found only in Mindanao and the Sulu Archipelago. It is now being cultivated for its delicious fruit. It is a native of the East Indies.

Durian tree is large growing up to 20 or more meters in height. Its trunk is usually straight. Its

leaves are 15 to 25 centimeters long and 5 to 9 centimeters wide. The top of the leaves is dark green, smooth and shiny. Underneath they are cinnamon colored and scaly. Its flowers are large and whitish.

The durian fruit is large and somewhat spherical. It grows from 15 to 25 centimeters long and weighs as much as 3 kilos or more. It is covered by a hard shell with hard, sharp spines. Its flesh is soft and white-yellowish. To some people who are not used to the fruit, it has a foul smell. However, it is highly priced by the people in the places where it grows.

Durian fruit has large, edible seeds. The seeds are either boiled or roasted. The flesh or pulp of the fruit is made into candy and preserve. Some people prefer to eat the fruit raw. It contains carbohydrates, a little protein, phosphorus and Vitamin C.

Durian tree bears fruit during the months of August to November. Unlike other fruits, durian is not picked from the tree, but falls to the ground when ripe.

Recently a smooth-skinned variety has been discovered.

Words for Study:

cinnamon spherical

Questions to Answer:

1. What makes the durian unpopular?
2. In what places in the Philippines is this fruit found?
3. Where did the fruit originate?
4. How may the fruit be prepared?
5. Why is the fruit good for the body?

GUAVA

The guava or **bayabas** is the most common and best known fruit throughout the Philippines. It came from tropical America. It is found in all parts of the country usually in thickets and secondary forest at low altitudes.

The guava is not a very big tree. It grows to a height of about 8 meters. Its branches are four

angled. Its leaves are arranged opposite each other, are oblong, from 5 to 12 centimeters long, rounded at the base and pointed at the tip. The guava tree has attractive, small, white flowers. Its fruit comes in different shapes. The skin of the Its fruit comes in different shapes. Some are rounded, others are pear-shaped. The skin of the guava is green, turning yellow when ripe. Its pulp varies in color — white, yellowish or pink. It is grainy like a pear and has musky odor and flavor. It has many small, hard seeds.

The fruit is a favorite among young and old. It is eaten raw especially the matured ones. It is, however, prepared into jelly, jam and punch. It may also be cooked as a vegetable. The ripe ones are used as seasoning for our native dish called "sinigang." Guava juice is so tasty and refreshing.

Too much of the fruit, however, may cause constipation. The leaves, roots and bark of the tree as well as the fruit are used for medicinal purposes. Thy are used as remedies for diarrhea, toothache and wounds. They make good mouth-wash for swollen gums, and for washing wounds.

Guavas are generously endowed with Vitamins A and C and are very good for the health.

Guava trees begin to flower when the rainy season sets in. The fruits are harvested during August and September. The tree is propagated by marcotting, budding, grafting and from the seed itself.

Words for Study:

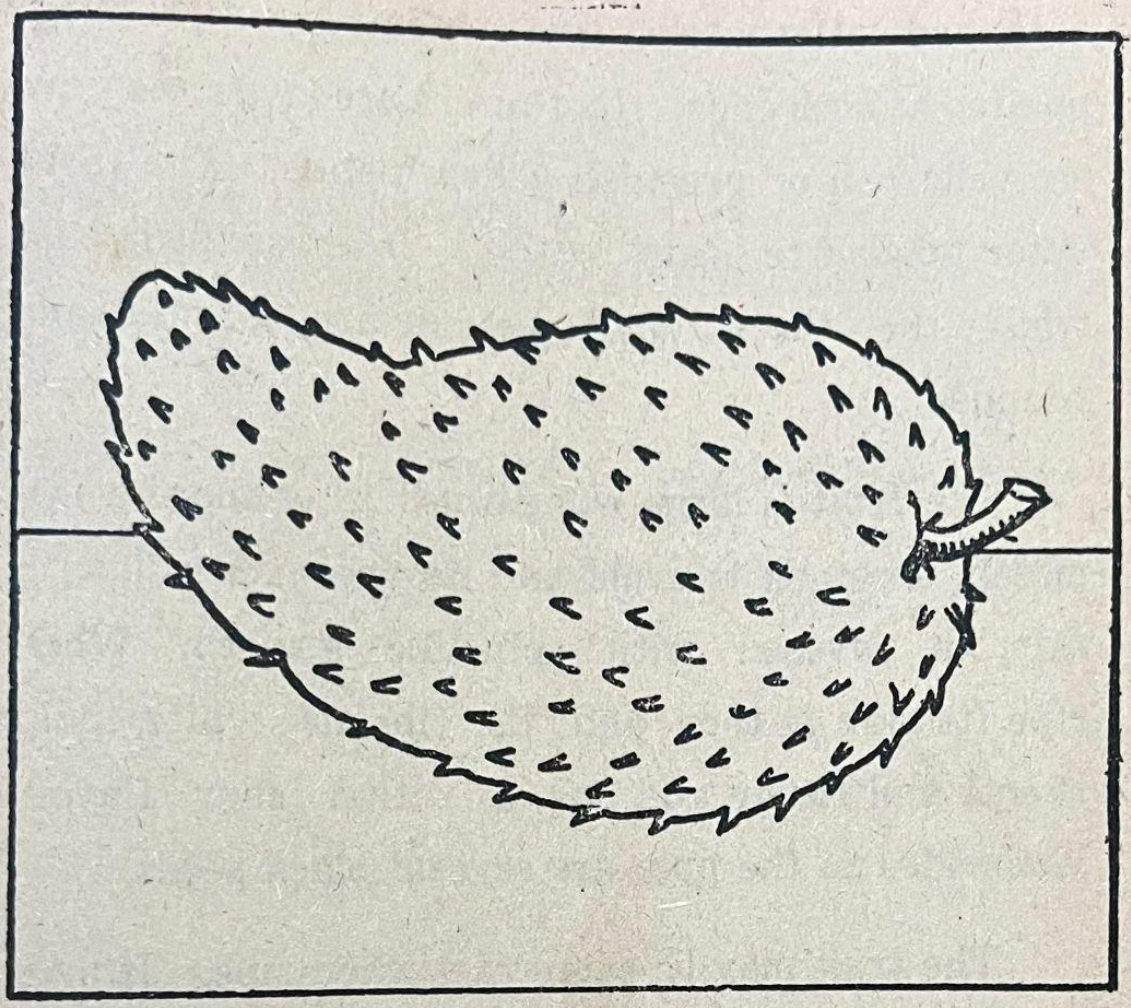
thickets	grainy
diarrhea	constipation

Questions to Answer:

1. In what places may the guava be found?
2. What colors do the pulp have?
3. How is the ripe guava commonly used?

4. In what other ways may the fruit be prepared?

5. What curative properties do the leaves, roots and bark of the guava have?



THE GUAYABANO — SOURSOP

The guayábano or soursop is one of the most delightful, refereshing and exotic fruits in the Philippines. It was introduced in this country by the Spaniards. The tree is from tropical America. It is now cultivated in all parts of the country for its edible fruit.

The guayabano tree is small, growing to a height of about 5 to 7 meters. Its oval leaves are

arranged alternately, are smooth and shining, pointed at both ends. Its flowers are large and have six yellowish or greenish yellow petals. The three outer petals are ovate with a heart-shaped base while the three inner petals are elliptic and rounded.

The fruit is large, sometimes 18 or more centimeters long. It is ovoid and its greenish yellowish skin is covered with spinelike growth. When ripe its skin is thin and its fibrous white pulp is soft and fleshy and has a rather sour flavor. Embedded in the pulp are several black seeds.

The fruit may be eaten raw when ripe. It may be prepared into delicious ice cream, candy or drinks. The mature but unripe fruit may be made into sweets or cooked as a vegetable.

Guayabano contains carbohydrates, minerals and Vitamin C.

Words for Study:

ovate
fibrous
alternately
exotic
elliptic

Questions to Answer:

1. Where is the guayabano from?
2. What food elements do we get from the fruit?
3. How may the fruit be prepared for eating?
4. What sickness is said to be cured by the juice of the fruit?

KASOY

Kasoy is found in almost all parts of the Philippines. It may be cultivated or may be growing wild. It is a native of tropical America and was introduced here by the Spaniards.

The kasoy is a small tree with a small and crooked trunk. Its leaves are simple, smooth and

slightly rounded at the tip. They come alternately on the stems. Its yellow or yellowish-white flowers are from 5 to 6 diameter with petals that have pink stripes. The flowers are mostly at the tips of the branches.

The fruit has two parts — the receptacle and the nut. The receptacle is pear-shaped, fleshy and juicy. It is yellowish and is about 5 to 7 centimeters long. It is slightly sweet but most often has an acrid taste that is irritating to the tongue and throat. Attached to the receptacle is the kidney-shaped grayish nut about 2 centimeters long. The meat inside the nut is edible when roasted.

The fleshy part of the kasoy fruit is eaten raw with salt. It is very rich in Vitamin C. It can also be made into good wine. The nuts have a high fat content. The kernels, when roasted are made into candy or mixed with chocolate.

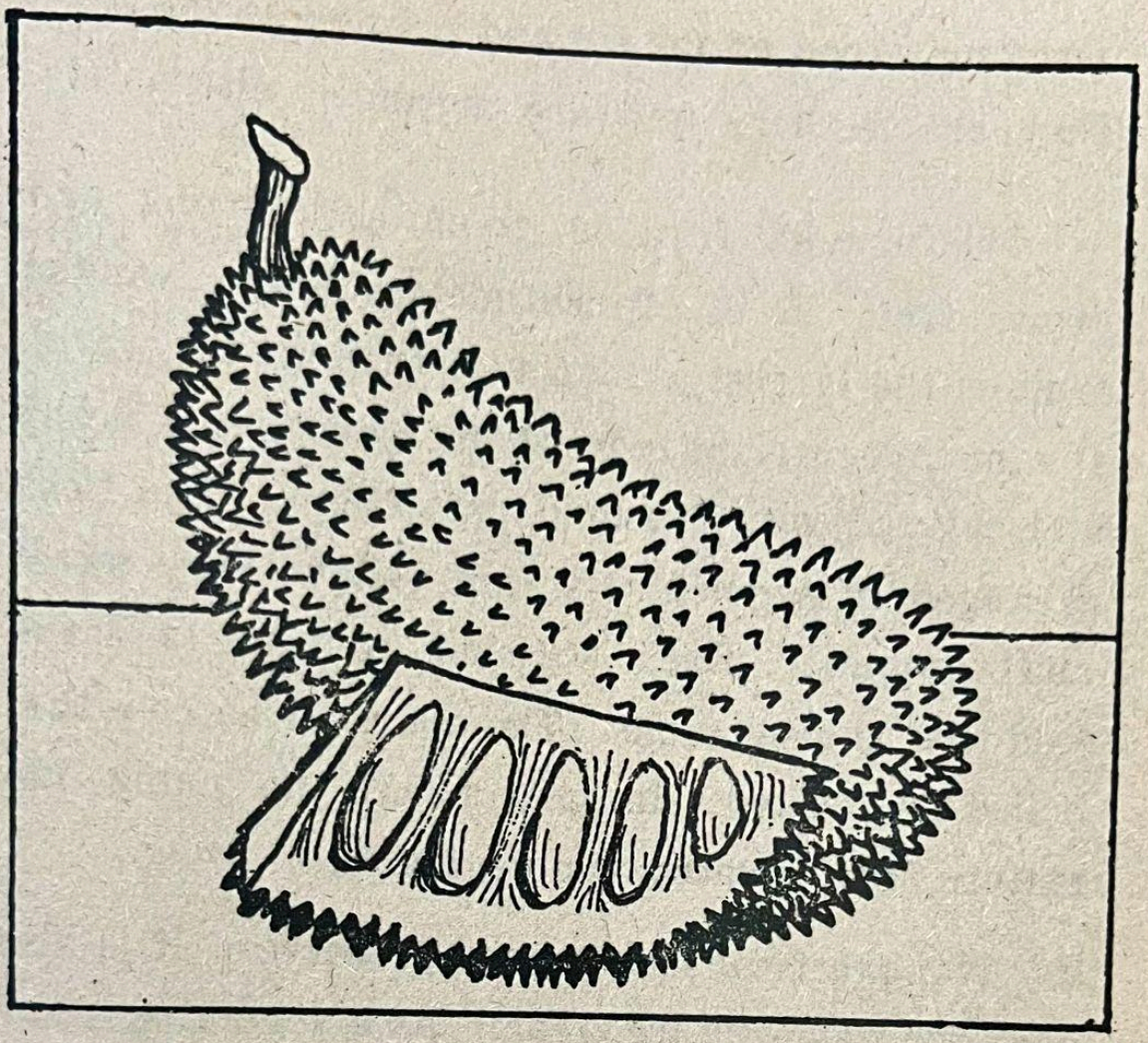
Words for Study:

receptacle acrid

kernels

Questions to Answer:

1. Where did the kasoy come from?
2. What are the two parts of the fruit?
3. Which of the two parts is more popular for eating?
4. How is the juice of the fruit used?
5. What is made from the nuts?



THE JACKFRUIT OR NANGKA

The jackfruit or nangka is a fruit tree cultivated all over the Philippines. It is not a native of the country but was introduced to this country from Malaya. It is now cultivated in most tropical countries.

The nangka is a tree that grows from 8 to 15 meters high. Its leaves are about 7 to 15 centime-

ters long, broad at the tip and pointed at the base. They are leathery and are arranged alternately.

The nangka fruit is green and oblong and grows from 25 to 60 centimeters long. Nangka fruit is the largest known tree fruit in the world. It sometimes weighs more than 35 kilos. It is fleshy and covered with pyramid projections. The flesh arranged in segments is rich yellow, very sweet and aromatic. Each segment contains a large seed that is also edible. The seeds are eaten either boiled or roasted. In some places the young, immature fruit is eaten as a vegetable.

Nangka fruit makes good preserves. It is also good for flavoring ice cream. As a vegetable it has a good and distinctive flavor especially when cooked with coconut milk.

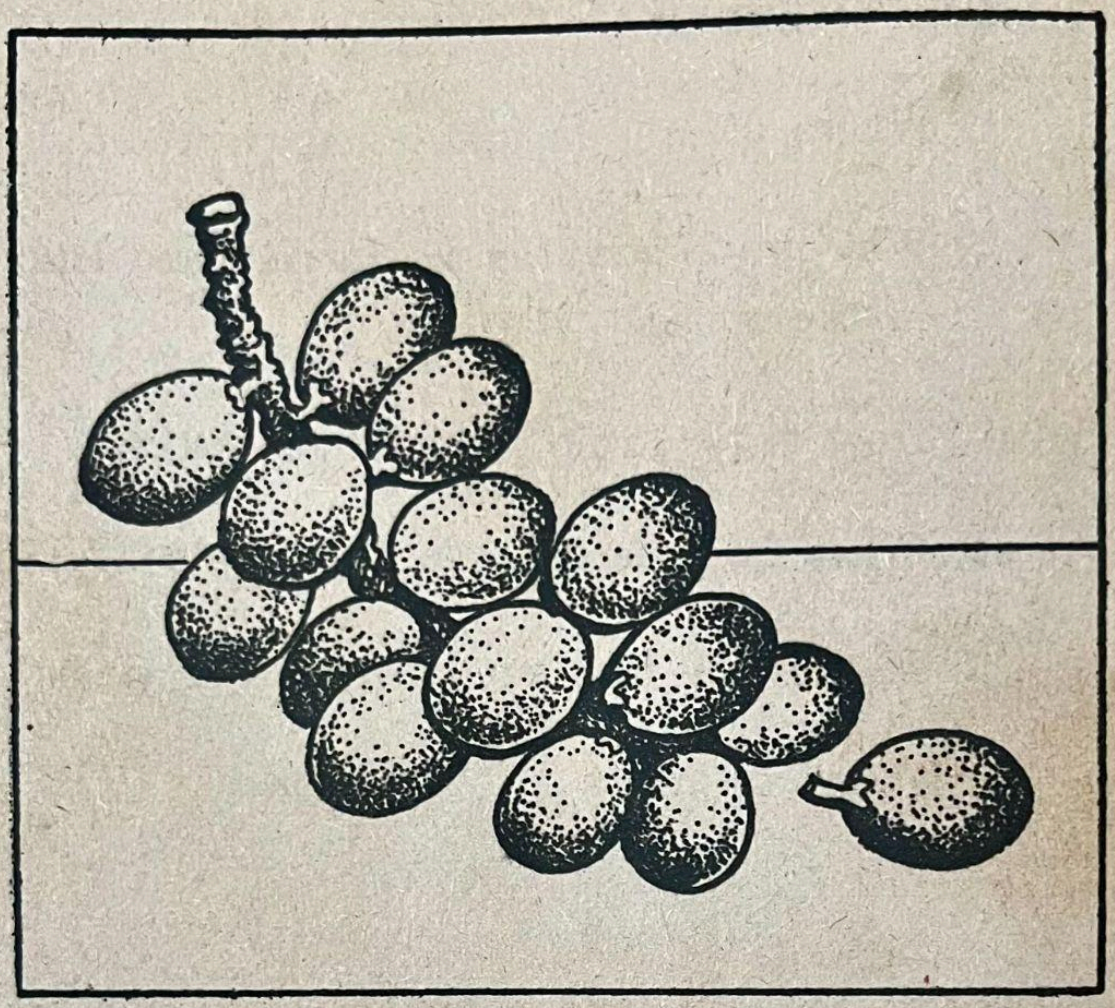
Nangka fruit is nutritious. It is rich in Vitamin A. It has also carbohydrates and minerals. The seeds are rich in starch.

Words for Study:

pyramid projections	segments
aromatic	distinctive flavor

Questions to Answer:

1. Where did the nangka come from?
2. Why is it known as the largest tree fruit in the world?
3. How is the fruit prepared for eating?
4. What food elements do the fruit contain?
5. How is the fruit prepared as a vegetable?



LANSONES

Lansones is one of the most popular fruits with the Filipinos. It is found mostly in the provinces of Quezon and Laguna where it is cultivated commerically. In Mindanao and Basilan, the tree grows wild. However, in recent years, the people of the South have recognized its commercial value. It is now cultivated in many provinces in Luzon, too.

Lansones tree is fairly tall and slender with upright slender branches. It grows to a height of 15 meters. Its leaves are alternate, oblong or elliptic and pointed at both ends. The flowers are yellowish. The fruits are borne on stalks that grow from the trunk and large branches. They are in bunches like grapes, but unlike the grapes which grow on a branched stem, the lansones grow on a single stem.

Lansones fruit is much bigger than grapes. It is hairy and yellowish. Its thin outer skin is tough and gives out a milky juice. Its pulp has a wholesome and delicious taste. It is translucent and divided into sections. One or two of those sections contain a well-developed seed. The seeds are very bitter.

Lansones fruit contains sugar, water and minerals. It is eaten fresh. It may be preserved in syrup or candied. Some people also use it as flavoring for sherbet.

The seeds and rind of the lansones are said to be medicinal. Sometimes the skins are dried and burned to drive away mosquitoes.

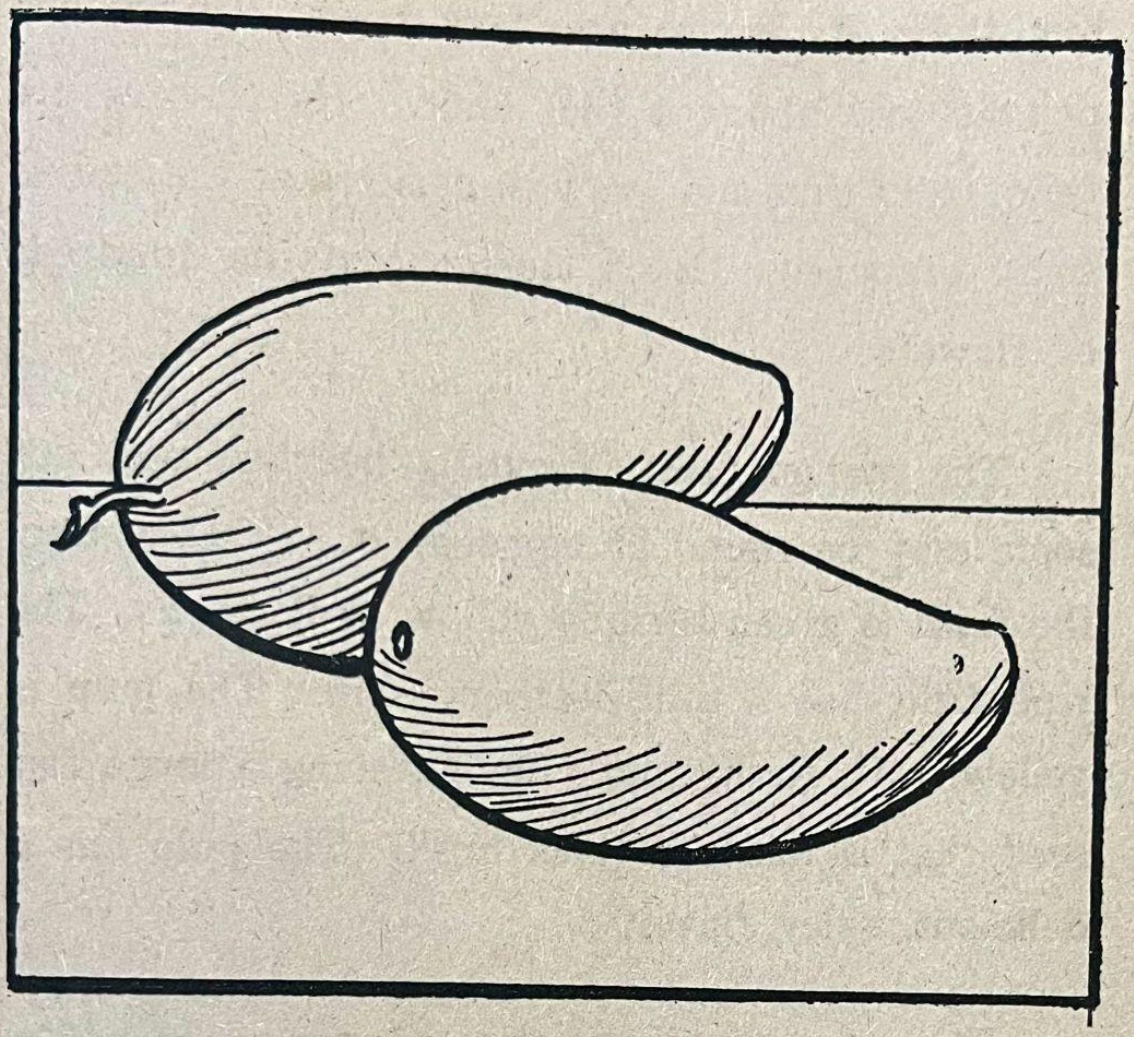
Lansones tree grows best in places about 2000 feet above sea level. It is propagated by seeds, grafting, marcotting, budding or cuttings.

Words for Study:

commercial value	propagated
translucent	flavoring

Questions to Answer:

1. What place in the Philippines is known for sweet lansones?
2. How do this fruit differ from the grapes?
3. What substances do the fruit have?
4. How may the fruit be eaten?
5. Of what use is the skin of the fruit?
6. How may the tree be propagated?



MANGO

Mango is a highly prized Philippine fruit. It is our national fruit — chosen because of its delicious and spicy flavor. It is cultivated in all parts of the country. It is not, however, native. It was introduced and is now cultivated in all tropical countries.

The mango is a very attractive tree with a thick and spreading crown. It grows from 40 to 50

feet tall. Its leaves are dark-green, slender and pointed and about a foot long. Its flowers are yellow and tiny and grow in clusters at the end of small branches. Each cluster contains hundreds of flowers.

The mango fruit is mostly heart-shaped, but some may be round or egg-shaped. When young, the fruit is green turning yellow as it ripens. The ripe fruit has a thin, leathery skin. The pulp is yellow, soft, fleshy and juicy covering a large flat seed that is inside a thick husk. The pulp has a delicious, spicy flavor.

There are many varieties of mango grown in the Philippines. But the two widely cultivated varieties are the carabao and the pico. The carabao mango, however, is more favored than the pico which is smaller and is more fibrous.

Mangoes may be eaten outright, green or ripe. The ripe fruit can be used in every way that peaches are used — in pies, cakes and puddings. It is made into jam, mango butter, mango paste or pastillas. It may be cooked in syrup and pre-

served. It may be made into salad and ice cream. The green ones make good pickles or chutney.

Mangoes are rich in sugar and are highly nutritious. They are excellent sources of Vitamins A and C.

The bark, leaves and seeds of the mango are also of value. They are medicinal.

At present Philippine mango is exported to Hongkong where the fruit is highly priced.

Words for Study:

pickles	medicinal
chutney	husk

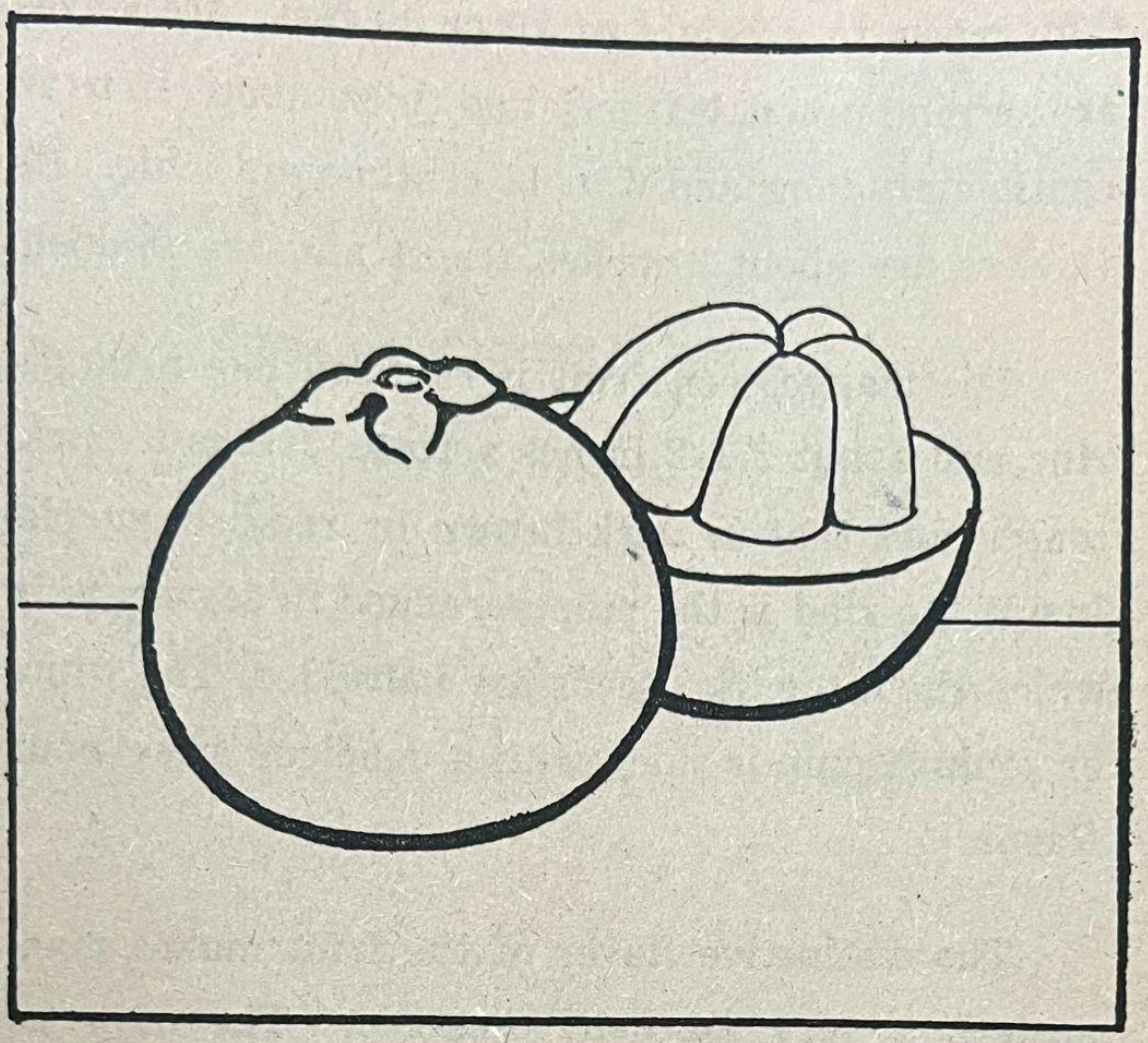
Questions to Answer:

1. Why was the mango chosen as our national fruit?
2. What are the two most popular varieties grown here?

3. How are the green fruit used for food? the ripe ones?

4. What food substances do the fruit give us?

5. What other parts of the fruit and tree are useful to man?



MANGOSTEEN

One of the most delicious fruits grown in this country is the mangosteen. However, like the durian it is not so well-known. The mangosteen plant is grown almost only in Mindanao and Sulu.

The mangosteen was introduced to the Philippines from Malaya. It is a handsome shady tree

that grows to a height of 20 or 40 feet. Its leaves are shining green, leathery and thick, about 15 to 25 centimeters long and 6 to 11 centimeters wide. Its flowers are about 2 inches across and are pinkish.

The mangosteen fruit is rounded like a tangerine and about 2 1/2 inches across. It has a thick, tough rind that is dark brown or reddish purple. Inside the rind is the pulp arranged in segments in which the large, flat seeds are imbedded. The white or pinkish pulp is juicy with a delicious sweet-sour flavor.

The distinctive flavor of the fruit makes mangosteen a very excellent preserve. The pulp together with the seeds is boiled with sugar. The fruit, however, may be eaten as is, to enjoy its fresh, delicious flavor.

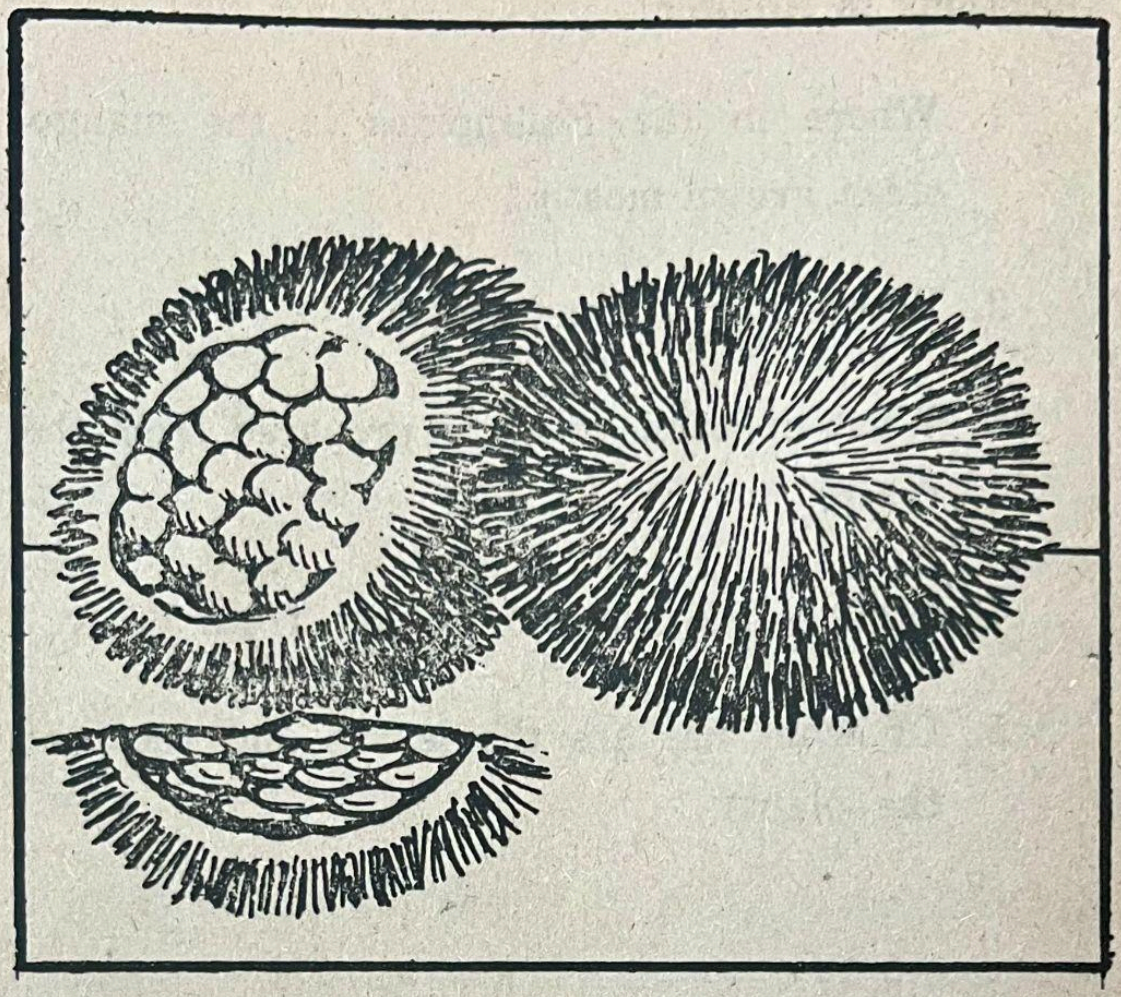
Mangosteen has some vitamins and minerals. The rind of the fruit and the leaves and roots of the plant are of some medicinal value.

Words for Study:

tangerine imbedded

Questions to Answer:

1. Where in the Philippines is the mangosteen grown mostly?
2. Where did it come from?
3. What delicacies may be prepared from the fruit?
4. What substances do we get from it?
5. Of what use are the leaves and roots of the plant?



MARANG

One of the most delicious and exotic fruits in the Philippines is the succulent, sugar-sweet marang. However, this fruit is little known to people in Luzon and the Visayas. It grows only in the Southern Mindanao provinces like Davao, Cotabato and Lanao where the fruit is grown com-

mercially. The Mansakas of Davao has dubbed the fruit, the "Candy of the Gods."

The marang tree is a cousin to the nangka, rimas and camansi. But unlike its relations the tree has more branches and is shorter, growing to a height of 12 to 25 meters and a diameter of 40 centimeters. Its round leaves are very rough and are either whole or lobed. The color of the fruit is greenish.

The marang fruit is much bigger than the camansi and the skin is covered with numerous slender projections. When ripe it has a unique, aromatic scent. It contains many seeds as big as marbles that cluster like grapes around the core. Each seed is covered with creamy white pulp that has the juiciness of rambutan and the delicate sweetness of the atis. Unlike the nangka, marang pulp is latex free. The seeds are edible like those of the nangka. They are either boiled or roasted and taste like nuts.

The marang pulp can be easily preserved into pastillas or made into ice cream or sherbet. It mixes well with other fruits in cocktails. It also

makes a delicious, refreshing drink when chilled like the guayabano.

Marang fruit has rich food value. It is a good source of carbohydrates, phosphorous, and Vitamin C.

The marang is best propagated by seeds. It requires loamy soil with good drainage. It bears fruit in four to six years. The fruiting season is from February to late September.

Words for Study:

lobed

good drainage

loamy soil

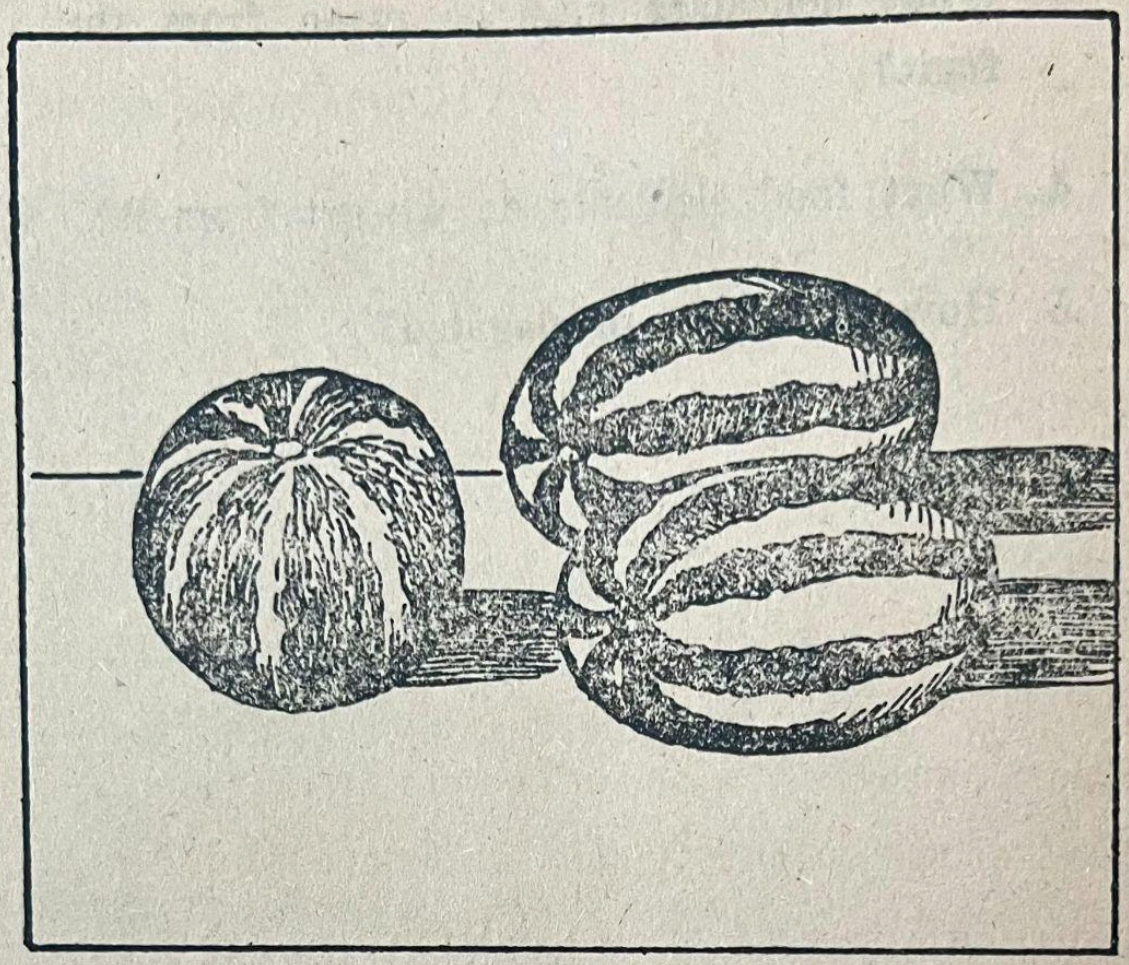
Questions to Answer:

1. In what place is the marang grown commercially?
2. To what other fruits is the marang related?

3. What delicacies may be made from the fruit?

4. What food elements do we get from it?

5. How is it best propagated?



MELON

Melon is a dry season fruit. It is grown in many parts of the country, too.

There are many varieties of melon cultivated in the Philippines. Most common are the native melon or **melong tagalog** and the cantaloupe or Spanish melon.

The melon, like the watermelon, grows on a vine. The melon plant is very similar to the watermelon plant. It is spreading and has hairy stalks and stems. The lobes of its leaves are not so deep, as those of the watermelon. Its flowers are small and yellow.

The fruit of the native melon is usually ovoid with smooth, greenish skin. Sometimes its skin is striped or mottled. The cantaloupe has rough yellowish or orange skin, sometimes streaked. The flesh of the **melong tagalog** is soft and white while that of the Spanish melon is firmer and yellowish to pale-orange in color.

The native fruit is prepared with sugar, coconut milk or evaporated milk and ice. This is a very refreshing and nourishing snack during the hot summer days. The cantaloupe is good for fruit salad because of its firm flesh. Shredded and mixed with sugar, water and ice, it makes a refreshing drink.

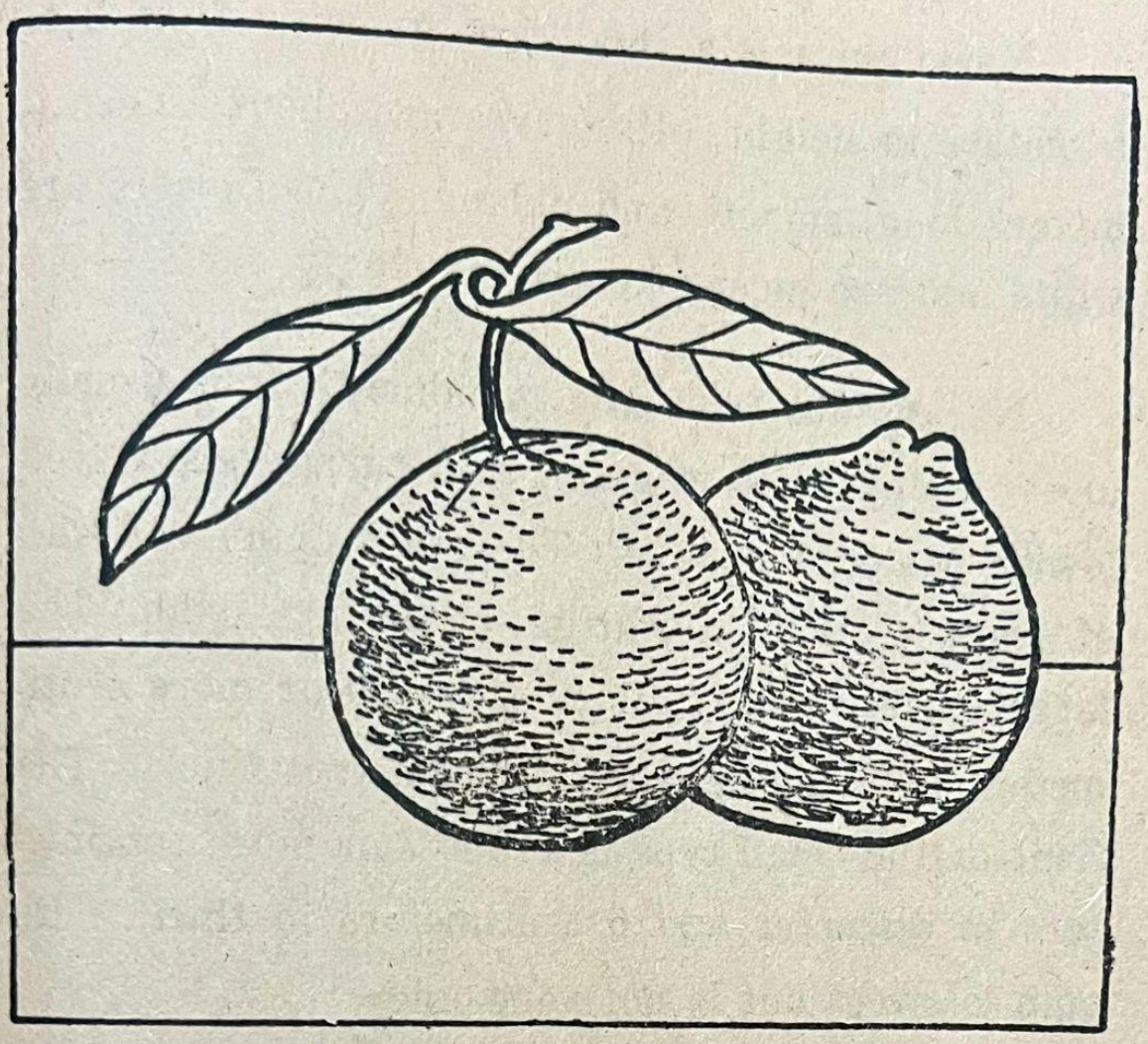
Melons are especially rich in Vitamins A and C and some minerals.

Words for Study:

mottled	nourishing
streaked	snack

Questions to Answer:

1. What varieties of melon are cultivated in the Philippines?
2. How do this fruit differ from the other fruits?
3. How is the native melon usually prepared for eating?
4. Why is the cantaloupe good for salad?
5. What substances do the fruit contain?



NARANGHITA

Naranghita is a fruit tree introduced from Southern China. It is cultivated in various parts of the Philippines especially in the province of Batangas where it is grown commercially. Several varieties are grown but the most popular are the Ladu in Batangas. Locally the fruit is known as "dalanghita" or "sintonis".

Naranghita is a small tree growing from 3 to 5 meters in height. Its leaves are about 10 centimeters long, smooth and oblong. The flowers are white and are most often borne singly.

Naranghita fruit is a mandarin. It is usually loose skinned. It is green and turns yellow, yellowish green or orange. There are many varieties of oranges. Some are large; others are small. The large variety has fruits that are 10 or more centimeters in diameter and 9 centimeters thick. The fruit of the small type is about 7 or more centimeters in diameter and 6 centimeters in thick. Its pulp is sweet but is not very juicy.

Naranghita is best eaten fresh. It is a good source of Vitamin C. It contains sugar, citric acid and mineral salts.

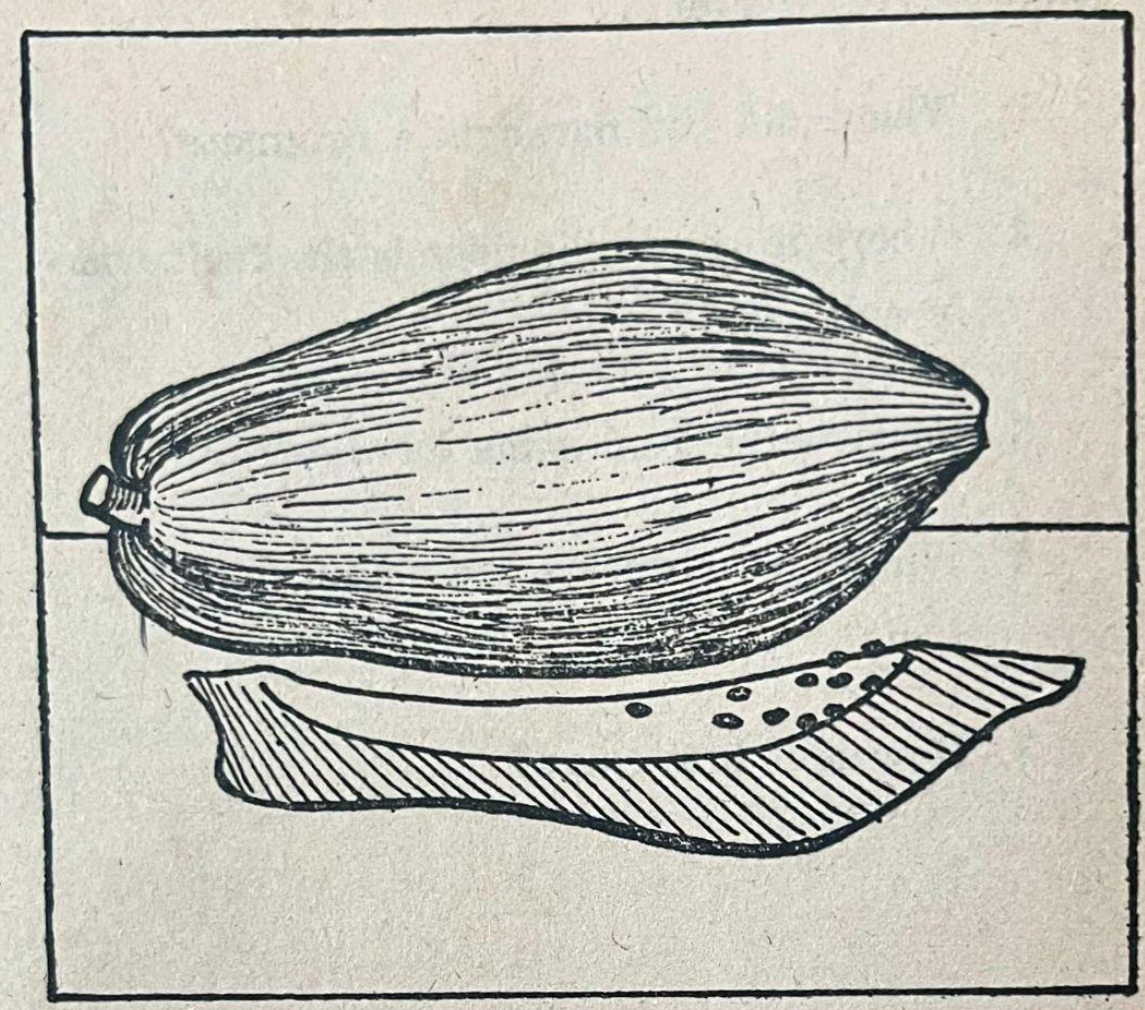
Naranghita is propagated by the seeds itself or by budding.

Words for Study:

loose skinned mandarin

Questions to Answer:

1. Where did the naranghita originate?
2. Where in the Philippines is the fruit widely cultivated?
3. What is the local name for the fruit?
4. What food elements are obtained from fruit?
5. How is it best eaten?



PAPAYA

Unlike most of our popular fruits, like the mango, lansones, atis and avocado, the papaya does not grow on trees. It grows on tall herbs.

The papaya is cultivated throughout the Philippines. It originated from tropical America. It bears fruit throughout the year, so it is found in the markets the year round.

Papaya is a fast growing plant. It grows from 3 to 6 meters high. Its trunk is soft and marked with petiole scars. It usually has no branch but sometimes branches grow when its trunk is injured. Its leaves are large, palmate and lobed, borne on long, hollow stalks.

Papaya plants may be classified into two groups — the male and the female. The male papaya bears flowers in clusters in long, slender stalks. It, however, does not bear fruit. The female papaya bears flowers in short racemes. Its flowers are quite big, the petals being about 9 centimeters long. It is the female papaya that bears fruit.

Papaya fruit varies in size. Some varieties are big. Some are rounded; others are oblong. Its flesh is yellowish or yellowish orange when ripe. It has a mildly sweet flavor, with a slightly mushy tang. Some fruit contains many seeds; others have no seeds at all.

Papaya is an excellent breakfast fruit. It makes good ingredient for fruit salad. It may also be made into jam. The green papaya is used as vegetable or made into pickles.

Papaya is an excellent source of Vitamins A and C. It is also a good source of papain which helps in digestion. The green papaya has some minerals.

It is said that the papaya has medicinal properties especially as skin beautifiers. The pulp of the ripe papaya fruit when used as a skin soap removes freckles. When eaten regularly, papaya fruit corrects constipation. It also cures dyspepsia. Papain which is made from the milky juice is used as meat tenderizer.

Words for Study:

palmate	freckles
skin beautifier	meat tenderizer
racemes	dyspepsia

Questions to Answer:

1. How is the papaya different from other fruits?

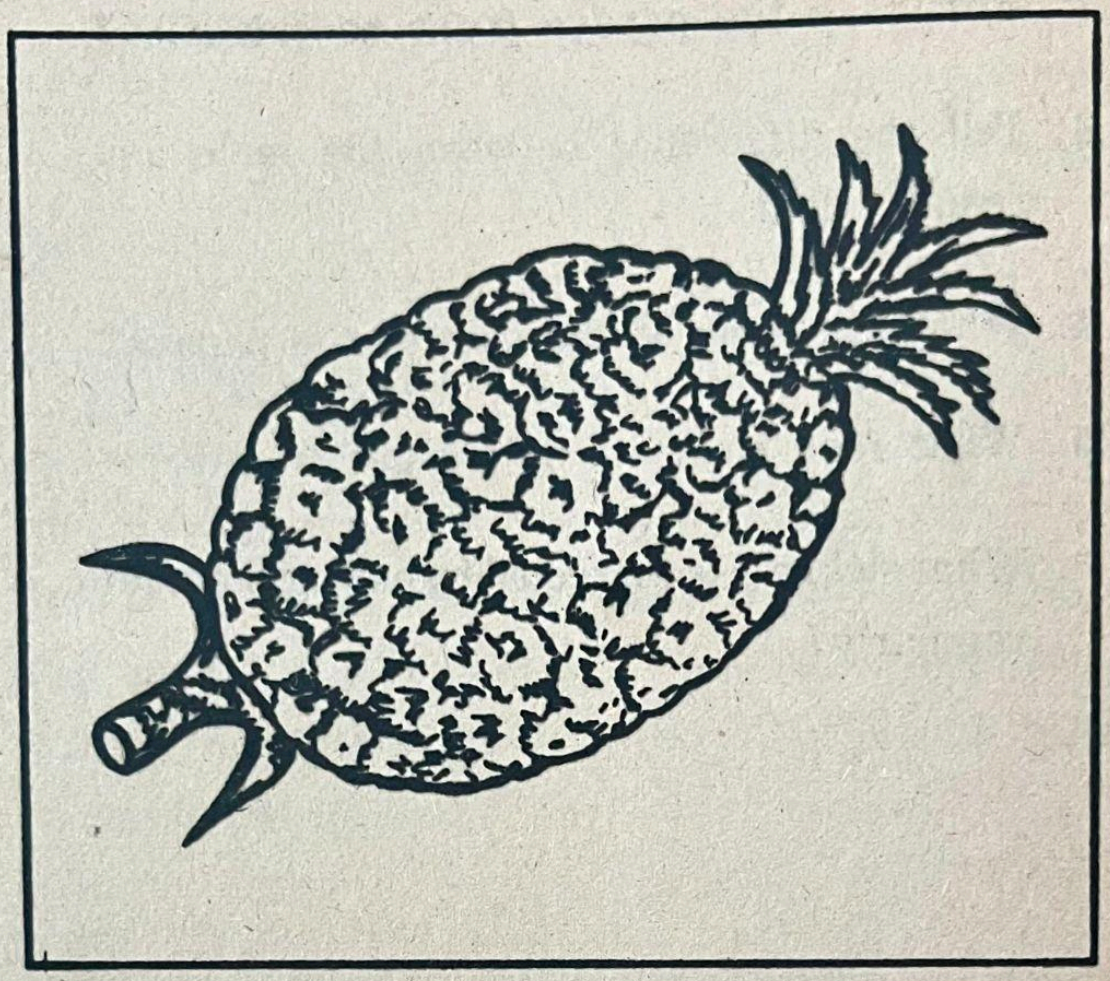
2. How may the papaya plant be classified?

3. Tell the difference between the male and female plant.

4. What are some of the uses of the papaya?

5. What food elements do we get from it?

6. What sickness is corrected by eating the fruit regularly?



PINEAPPLE — PINYA

Pineapple or **pinya** is a native of tropical America. It was introduced into the Philippines by the Spaniards. The name pineapple came from the pine cone shape of the pineapple fruit.

Pineapple is widely grown in the Philippines especially in the province of Bukidnon. There are

two kinds grown, the native, which bears small fruit, fibrous and with a good flavor, and the Cayenne, which bears larger and smooth fruit, introduced from Hawaii.

The pineapple plant bears a single thick stalk with numerous, stout, spiny toothed leaves. The leaves are about 1 to 1.5 meters long, and 5 to 7 centimeters wide. The fruit grows from a thickened spine of the plant. Outside, the fruit is covered with the tips of the thick hard floral braces or leaf-like petals. At the top it has a tuft of smaller leaves. Only one fruit grows on any one stalk.

The mature fruit is usually about 20 centimeters or more long. It sometimes weighs from sixteen to twenty pounds. Its skin is yellowish or reddish. Under the skin is a firm, pale yellow or white meat with excellent and distinctive flavor. The meat makes a delicious dessert and fruit salad.

Pineapple, especially the native variety, has a high sugar content. It is a good source of Vitamins A and C and potassium.

Pineapple may be eaten raw or may be prepared in many other ways, such as jam, jelly, syrup, and others. Nata de piña is a delicacy made from the pineapple pulp. Vinegar and a delicious wine are obtained from pineapple juice. Sometimes the half-ripe fruit is used in preparing some native recipes.

Words for Study:

spiny, toothed leaves

floral braces

delicacy

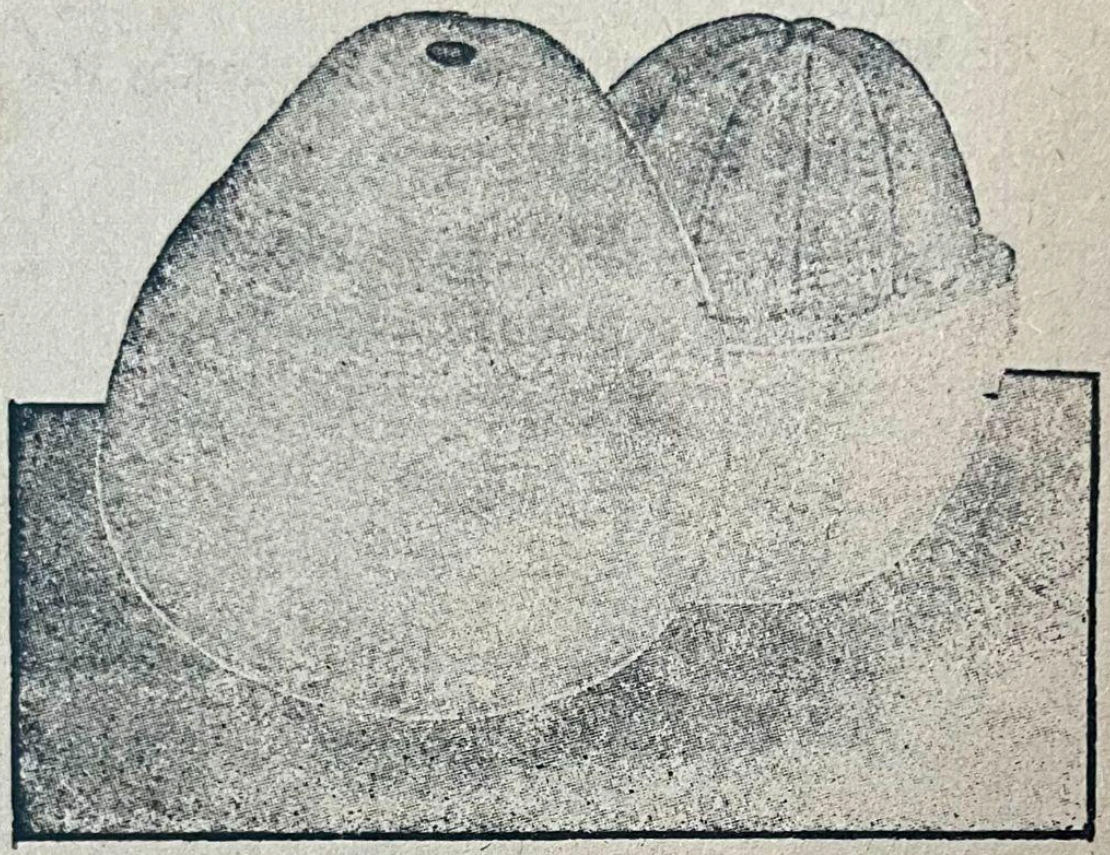
viands

Questions to Answer:

1. How did the pineapple get its name?
2. Where did it come from?
3. Where in the Philippines is this fruit grown widely?

4. What native delicacies are made from pineapple?

5. What food substances are supplied by this fruit?



POMELO

The pomelo is popularly known by its native name "lukban" or "suha". It is planted for its fruit and is found throughout the Philippines. It is a native of the Old World.

The pomelo tree is small, growing up to 12 meters high with long, sharp spines on its branches

The leaves are elliptic with broad winged petioles. The flowers are white and very fragrant. From them a fragrant perfume is obtained. They are sometimes used in wedding celebrations.

The pomelo is a large fruit, about 15 or more centimeters in diameter. It has a very thick spongy rind which can easily be separated from the fruit segments. Each fruit contains from 8 to 10 segments each of which is covered by a thin skin and has 2 to 3 seeds. The flesh comes in different colors. Some are white while others are pinkish or reddish. Some of them are sweet, others are either sour or acrid.

Pomelos are usually eaten raw with salt. Sometimes they are made into salad. Some people like to eat pomelo with a little vinegar, sugar, and salt. The rind or peeling makes good candy or preserve.

The fruit is a good source of water, calcium and Vitamin C.

The leaves, flowers and rind of the pomelo are of medicinal value.

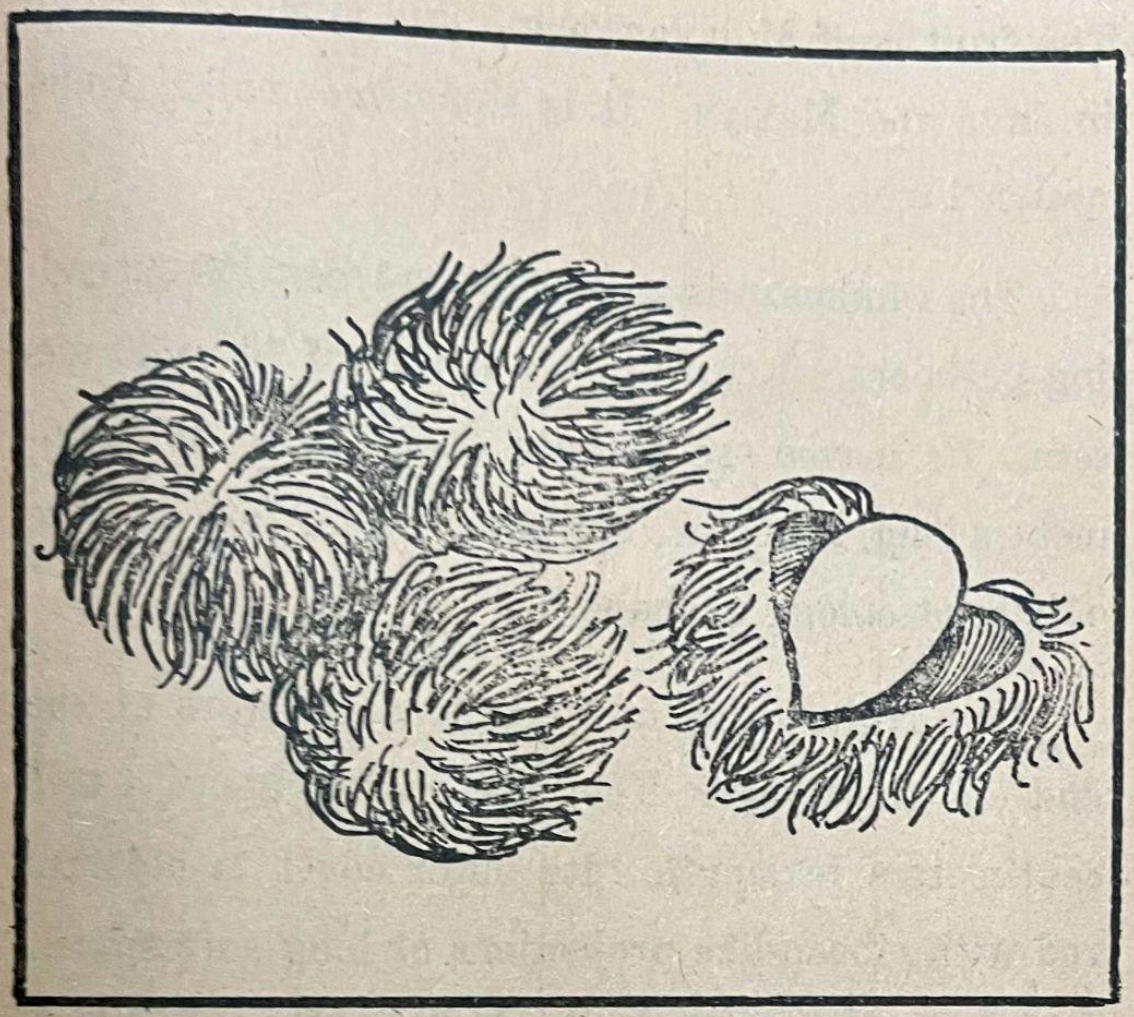
Words for Study:

spongy rind

winged petioles

Questions to Answer:

1. What is the native name of the pomelo?
2. How may the fruit be used for food?
3. What substances do the fruit give us?
4. What is obtained from the flowers of the pomelo?
5. What other parts of the plant are of use?



THE RAMBUTAN

Rambutan is a delicious fruit resembling the litchi. It is considered a new fruit in the Philippines. It is grown commercially in Davao, Laguna and Mindoro. It became of commercial value only a few years ago although it has been growing wild in Mindoro and the Sulu Archipelago a long time.

The fruit is of Malayan origin and is widely grown in Java and Malaya. It is sometimes called **Indonesian litchi.**

The rambutan is an evergreen tree with spreading branches. It grows to a height of 15 to 20 meters. Its leaves are pinnate about 15 to 40 centimeters long. They are opposite or alternate and are elliptic or oblong in shape.

The fruits grow in large, loose clusters at the end of the twigs. They are oblong, about 4 to 5 centimeters in length. Its outer cover is colorful red with ribbon-like projections or long soft spines. In some varieties the fruit is yellow. Its pulp which enclosed the solitary seed is white, juicy and sweet. Some people say that its taste is a cross between ripe lansones and sweet santol. Others claim that they are more luscious and sweeter than the Chinese litchi.

There are two known varieties being cultivated here. One variety has a tendency to stick to the seed. The other peels off from the seed as easily as the Mandarin litchi.

Rambutan is best eaten raw. It is a good source of sugar and minerals.

The tree is propagated by seeds. It grows well in well-drained soil. It also thrives up to an elevation of 600 to 700 meters. The fruiting season is from July to October.

Words for Study:

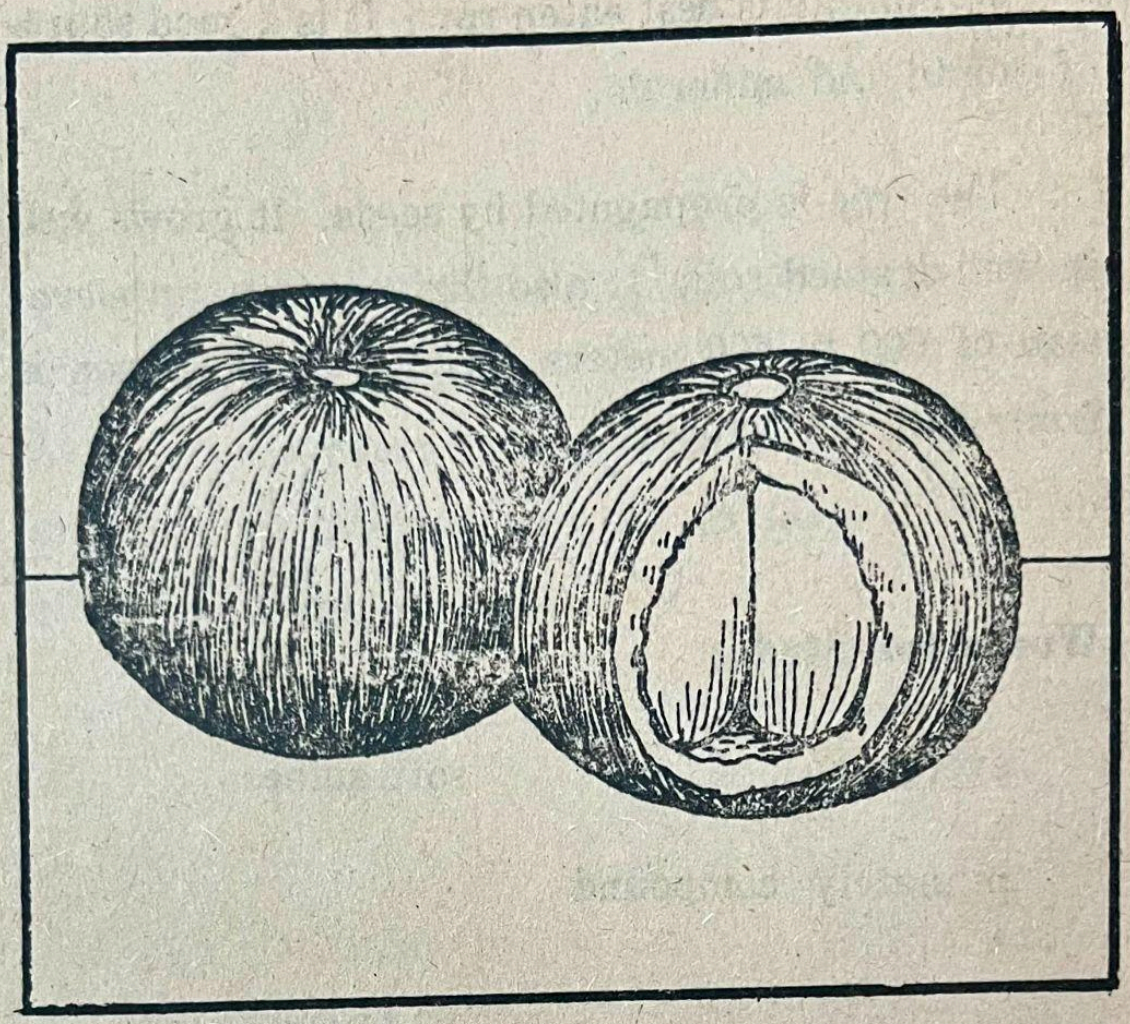
evergreen

pinnately compound

soft spines

Questions to Answer:

1. In what places in the Philippines is the rambutan grown?
2. Where did the fruit originate?
3. What is the other name for the fruit?
4. What months do the fruit appear?
5. What food substances do the fruit give us?



SANTOL

Santol is another popular Philippine fruit. It is especially popular with the young people who love its delicious flavor. The tree is found throughout the Philippines, either planted or semi-cultivated. It is believed to have been introduced here from Siam and Indo-China.

Santol is a large tree that grows to a height of about 25 meters and a diameter of about 80 centimeters. Its leaves are alternate and elliptical. They are pointed at the tip and slightly rounded at the base. The flowers are greenish yellow. The fruit is rounded, green at the start, turning yellow as it ripens. It is about 6 centimeters in diameter. Part of the outer covering is thick and may be eaten. Its seeds are large, surrounded by translucent pulp that has a very pleasing taste.

Santol may be eaten raw with salt. This is how young people like it. It may also be prepared in other ways. It is cooked in syrup to make a delicious preserve. It may also be made into a refreshing drink or into jelly or jam.

The fruit contains potassium and Vitamin C.

Santol leaves are used as medicine.

Words for Study:

semi-cultivated

translucent pulp

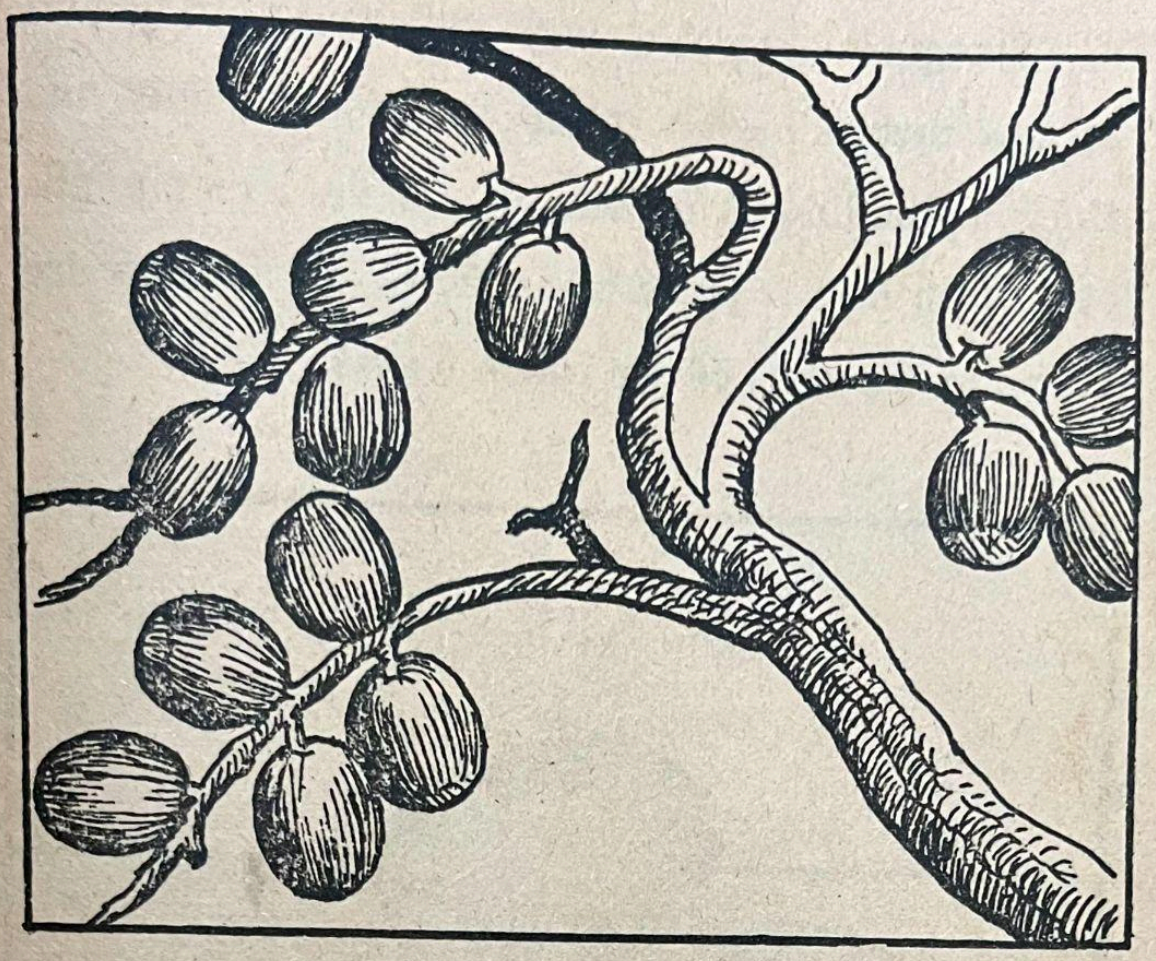
Questions to Answer:

1. Why is the santol popular with the young people especially?

2. Where did the fruit come from?

3. In what different ways may the fruit be prepared?

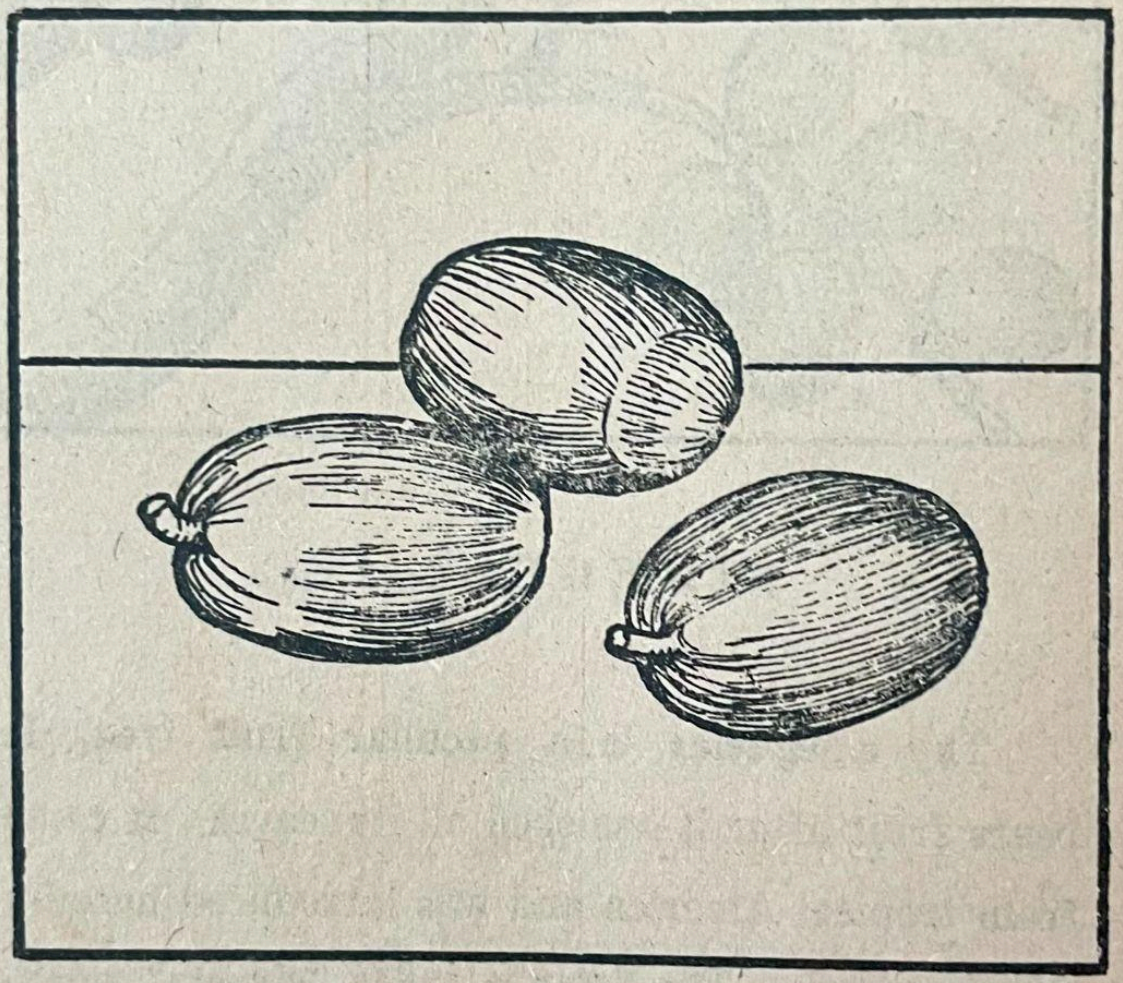
4. What food elements do the fruit contain?



SINEGUELAS

The sineguelas is a peculiar fruit tree. It bears fruit after it has shed all its leaves. It came from tropical America and was introduced here by the Spaniards. The fruit is called "ciruela" meaning plum, because it resembles a plum. It is sometimes called Spanish plum. It is now cultivated throughout the country for its edible fruit.

Sineguelas is not a very tall tree. It grows up to 5 meters high. It has a stout trunk and thick, spreading branches. Its leaves are pinnate. each with 5 to 9 pairs of leaflets. Its flowers are borne in the axils of the fallen leaves.



Its fruit is oblong, about 2.5 centimeters long and smooth. The skin of one variety is greenish yellow and that of the other is purplish. Each fruit contains a large seed which is very hard.

The sineguelas fruit is usually eaten raw. It is very popular especially among the young people who enjoy eating the fruit with salt. When fully ripe its pulp is soft, juicy and sweet. It is rich in Vitamins A and C and minerals.

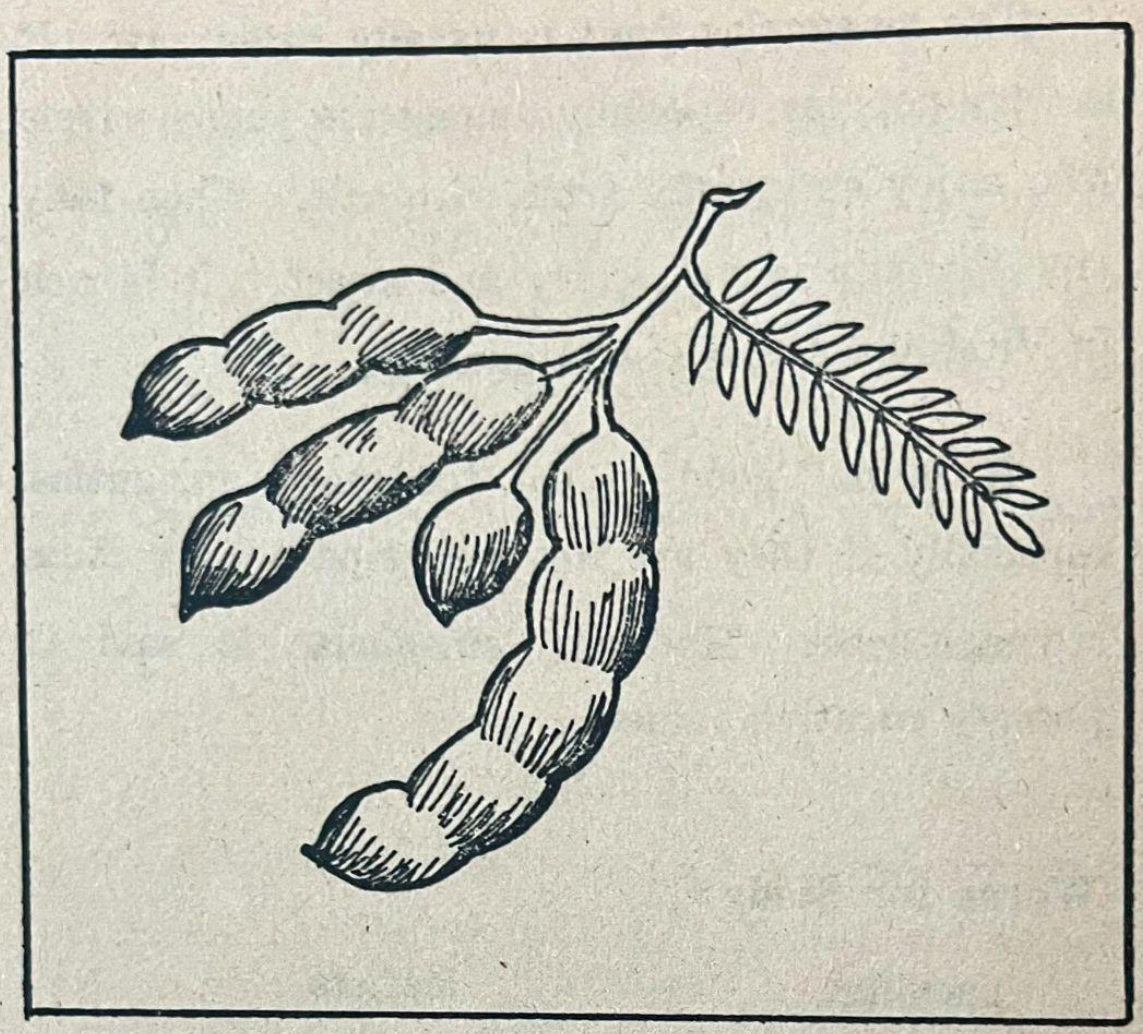
It is not good to eat too many sineguelas, especially if they are not well ripe. They cause stomach-ache. However, sineguelas is said to possess curative values.

Words for Study:

peculiar leaflets

Questions to Answer:

1. Why is the sineguelas a peculiar tree?
2. Where did it come from?
3. How is it sometimes called?
4. Why is it not good to eat too many of this fruit?
5. What sickness are said to be cured by this fruit?



TAMARIND

Tamarind or **sampalok** is a native of tropical Africa. It is now cultivated in most parts of the Philippines for its many uses. It is, however, more abundant in Luzon than in the Visayas or Mindanao.

The tamarind is a large, evergreen tree. It grows to a height of 25 meters. It has small, pale

green leaves and tiny yellow flowers whose petals have pink stripes.

The tamarind fruit is a pod about 3 or 4 inches long, green when young and brown when ripe. Inside the pod are seeds which are covered by acid brown pulp. The pod when ripe has brittle shell for cover.

Tamarind is cultivated for its many uses. It is grown as an ornamental tree because its crown can be trimmed to a desired shape. It is also useful as a shade tree. Its young leaves, flowers and young pod are useful as seasoning for such Filipino dishes as "sinigang" and "dinuguan". The pulp of the ripe fruit is made into jam, sweets and refreshing drinks. The juice, not only makes a delightful drink but also serves as a lovely base for fruit punches instead of tea. The fruit that is not young nor too ripe, called "malasebo" is eaten with or without salt.

The leaves of the tamarind tree are used for cleaning sores and wounds. The pulp of the fruit is used as a laxative.

Tamarind is an excellent source of minerals.

Words for Study:

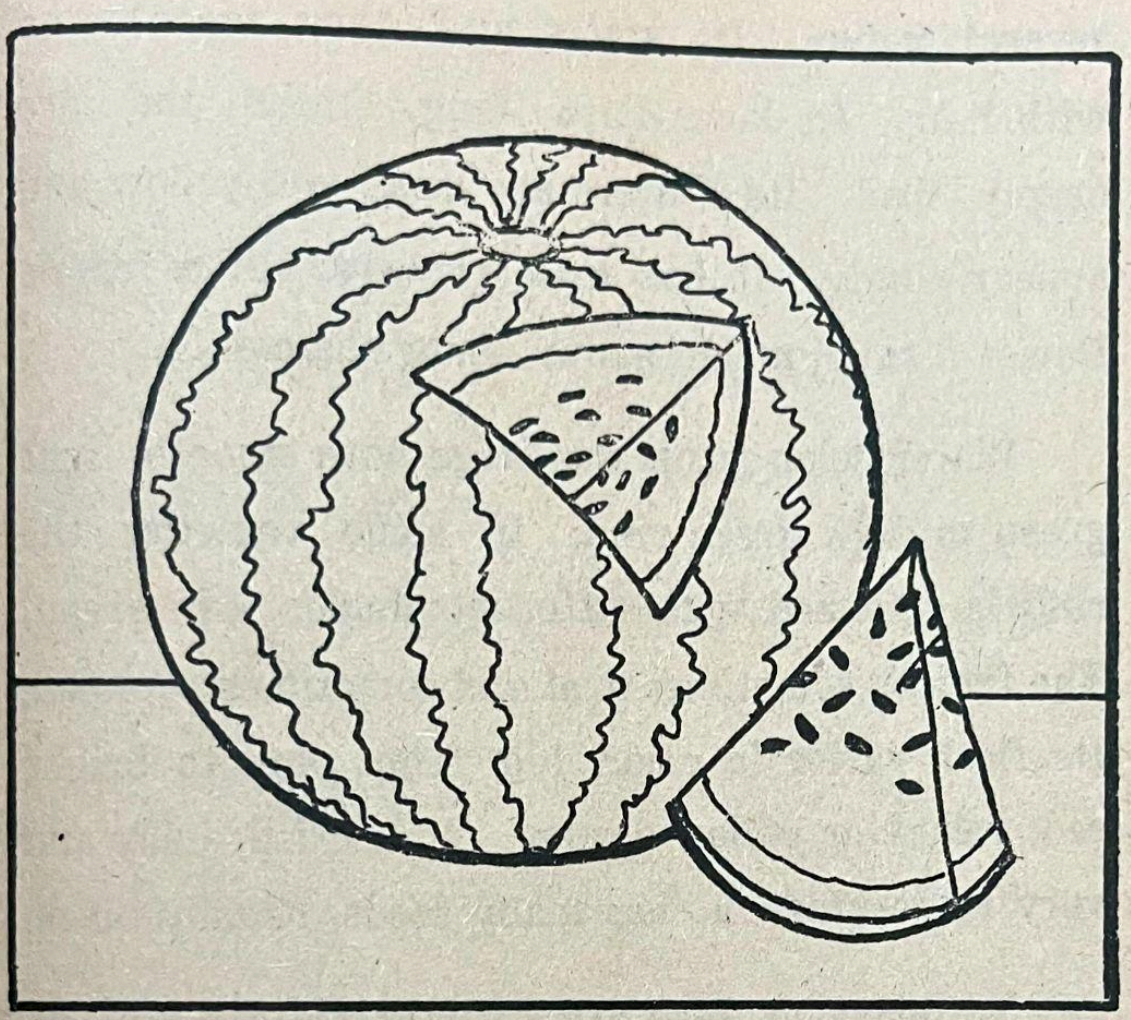
brittle shell

laxative

ornamental tree

Questions to Answer:

1. What is the local name for tamarind?
2. Where did it come from?
3. What are some of its uses?
4. How may the fruit be prepared for eating?
5. Why is the fruit good for the body?



WATERMELON

The watermelon is extensively cultivated in many parts of the Philippines during the dry season. It grows best in places with deep, sandy soil.

Unlike most fruits, watermelon grows on a vine. The plant is spreading, reaching a length of

several meters. Its stalks and stems are covered with hair. Its laves have long stalks and are deeply lobed. Its flowers are small and yellow and appear singly. It has male flowers. In a female flower a small melon grows below the corolla.

Watermelon fruits are large with smooth, light green to dark green rind. In some varieties the rind is streaked with different shades of green. The fruit is sometimes oval and sometimes rounded. Its flesh varies in color, too, from pink to bright red, yellow or yellow-orange. It is crisp, juicy and very refreshing. It has many seeds, usually black.

Watermelon flesh can be used for fruit salad. When the flesh is mashed and mixed with milk and sugar and then frozen, the result is a nice refreshing snack. Its juice makes a very refreshing drink. The rind makes good pickles.

In recent years, seedless watermelons have been successfully developed in the United States, Japan and lately in Taiwan where the fruit is being raised for export.

Except for its water content, the watermelon

is but a fair source of Vitamin A. Its seeds are edible.

Words for Study:

deeply lobed refreshing

Questions to Answer:

1. In what kind of soil do watermelons grow best?
2. What colors do the flesh have?
3. What shapes do the fruit have?
4. In what places are the seedless watermelons grown?
5. What food elements may be obtained from the fruit?

PART II
FRUIT RECIPES

FRUIT GULAMAN

2/3 cup sugar
1/2 cups pineapple (diced)
1 banana (neatly cut)
4 slices ripe mango
1/2 cup milk (fresh)
2 cups gulaman (1 bar gulaman and 2 cups water)

Boil sugar with gulaman. Remove from fire, add milk and put 1 cup of the mixture in a wet mold. Put in a cool place to jell. When partly jellied, arrange fruits in mold and pour the remaining gulaman. Put in a cool place until firm.

PINEAPPLE BASKET SALAD

1 pineapple
2 cups fruit cocktail
mayonnaise

Cut the pineapple lengthwise. Scoop the pulp in cubes or balls. Mix with the fruit cocktail and pile in pineapple baskets. Serve with mayonnaise.

PINEAPPLE-BUKO SALAD

1 can pineapple tidbits
3-4 buko
1 can condensed milk
2 cups sweet kaong
1 small can Nestle Cream

Drain pineapple and kaong. Scrape buko into long strips. Combine pineapple, kaong and buko in a salad bowl. Add the cream and condensed milk. Mix well and chill.

MIXED FRUIT SALAD

1 cup papaya
1 cup ripe banana
1 cup chico
1 cup mango
1 cup fresh pineapple
1 cup seedless sections of lansones

Dice the fruits and mix with dayap or calamansi juice. Serve with mayonnaise thinned with pineapple juice or whipped cream.

PAPAYA RING SALAD

1 medium sized ripe papaya
2 cups fruit mix (depends on fruit in season)
whipped cream

To make papaya rings, wash and chill one whole papaya. Cut crosswise, half an inch thick. Set on salad plate and fill center with chilled fruit

mix. Garnish with a topping of whipped cream prepared from chilled evaporated milk.

FROZEN FRUIT SALAD SUPREME

2 cups seeded lansones
1 cup whole strawberies
1/2 cup moist shredded young coconut
1 tsp. lemon juice
1 cup whipped cream
2 oranges
1/2 cup crushed pineapple
6 marshmallows, cut in quarters
1/2 cup mayonnaise

Peel and section the oranges. If berries are very large, cut in halves. Combine fruits, coconut, marshmallow and lemon juice. Whip cream until still. Add mayonnaise and continue beating until blended. Combine with fruits lightly but thoroughly. Turn into waxed paper lined freezing trays. Freeze at least 4 hours. Cut with a sharp knife into slices about 1 1/4 inches thick. Remove paper and serve on lettuce leaves.

PINEAPPLE MIXED CITRUS SALAD

1 can pineapple chunks
5 oranges or naranghita
1 pomelo
1/2 cup calamansi juice

1/2 cup granulated sugar

Drain pineapple. Peel the pomelo and remove the membrane. Tear the sections into cubes. Peel the oranges and slice into sections. Chill the fruits.

For dressing, combine 1/4 cup calamansi juice and 1/2 cup granulated sugar. Pour the mixture over the fruits and continue chilling.

FRUIT SALAD

2 oranges
2 apples
1 papaya (ripe)
2 mangoes (ripe)
4 sliced pineapple

Cut the fruits into cubes, mix well all together, chill and serve with mayonnaise dressing. Sprinkle chopped walnut on top. Canned pineapple and mango may be used instead of fresh fruits.

AVOCADO-PINEAPPLE COCKTAIL

6 slices fresh pineapple
1/2 cup mashed avocado pulp
2 cups avocado slices
2/3 cup mayonnaise
2 tbsp. lemon

Place pineapple and avocado slices on lettuce

leaves. Make a dressing of the other ingredients, chill and pour over salad.

FRUIT CUP

2 small melons
2 lacatan bananas
1/2 ripe mango
1/2 cup calamansi juice
1/4 cup sugar
1 dozen strawberries
1/2 ripe avocado

Cut the small melons in halves crosswise to make melon cups. Remove seeds and scoop pulp with round-shaped teaspoon. Peel and dice mango, avocado and bananas. Dip bananas in calamansi juice to prevent discoloration. Fill melon cups with diced fruits and chill. Garnish with strawberries or duhat in the center.

BANANA AMBROSIA

2 medium-sized oranges
2 tablespoons sugar
2 ripe bananas
1/2 to 3/4 cup shredded coconut

Peel oranges and cut crosswise into thin slices, removing seeds and fibrous portions. Peel bananas and slice about 1/2 inch thick. Arrange alternate layers of orange and banana slices in a large shal-

low dish, sprinkling each layer with sugar. Use orange slices for the bottom and top layers. Sprinkle top generously with coconut. Chill about 1 hour before serving. Just before serving garnish with additional ripe banana and orange slices, if desired.

FISH GUAVA SALAD

1/4 cup coconut
1/2 cup flaked fish
1 orange
3 bananas
25 ripe guavas
1 tsp. salt
1/2 cup coconut cream

Boil the fish in a small quantity of water, salt and pepper. Drain and flake.

Peel 10 guavas, open, remove the seeds and cut in small pieces. Peel the orange and divide into sections. Peel each section. Cut the bananas in small pieces.

Mixed the flaked fish and the sliced fruits. Add the coconut cream and chill.

Cut the tops from 15 large, ripe guavas and remove the seeds. Fill the guavas with chilled mixture, replace the tops and serve cold.

LANSONES SALAD

1 cup shredded suha
1 cup shredded lansones (seeds removed)
2 tbsp. sugar
1 cup bananas cut into cubes
2 tbsp. calamansi juice

Mix all the ingredients together. Chill and serve on crisp lettuce leaves. To keep the lansones from turning black, cover them with calamansi juice and sugar immediately after shredding. Garnish the top of the salad with red gulaman cubes, serve in gulaman ring mold set on lettuce.

BANANA PEANUT SALAD

16 ripe medium-sized bananas
16 tbsp. chopped peanut
mayonnaise dressing
lettuce

Slice crosswise and thin 2 bananas for each serving. Mix with 2 tbsp. chopped peanuts. Add mayonnaise dressing. Mix lightly with a fork and arrange on lettuce leaves before serving.

GUAVA-SHRIMP SALAD

1 cup guava
1 small bottle mayonnaise

1 cup shrimp

1 cup fresh tomatoes

salt

parsley or young onion leaves

1 cup potatoes

Blanch guava. Pare and cut into halves. Remove the seeds. Measure 1 cup of the pulp. Lay aside. Boiled the shrimps and peel. Dice the tomatoes and the boiled potatoes. Mix all the ingredients. Set on lettuce leaves and decorate.

NANGKA SALAD WITH SHRIMPS

2 cups green nangka, boiled and sliced

1 tsp. salt

1 cup boiled shrimps

1/2 cup coconut milk (thick)

1/2 cup chopped onions

Mix the boiled nangka with the shrimps and onions and coconut milk. Season with salt and pepper. Chill and serve.

MANGO JAM

Peel the ripe fruit, remove the seed and mash. For every 10 cups of the mashed pulp, add 6 cups of sugar. Cook until thick.

PAPAYA JAM

Peel the ripe fruit and wash. Open and re-

move the seeds, then mash. To every 10 cups of mashed pulp, add 7-1/2 cups of sugar. Stir while cooking until thick. Add a few slices of lemon while cooking to improve the flavor.

PAPAYA-PINEAPPLE JAM

Mash the pulp of a ripe papaya. To each cup of mashed pulp add a cup of pineapple, chopped into very fine slices. Add 1-1/4 cups of sugar and boil until thick.

TAMARIND JAM

Select ripe tamarind. Peel and soak overnight in plenty of water. Drain and put the soaked tamarind in a piece of coarse sinamay and squeeze until all the pulp has come out. To each cup of tamarind, add 1 cup of sugar. Boil until thick.

GUAVA JAM

Use ripe fruit only. Peel and mash the fruit. To 1 cup of mashed fruit add 1 cup of sugar. Boil until thick.

BANANA JAM

4 cups ripe bananas (saba)

2 cups sugar

1 cup water

Boil the bananas. Mash them well and set aside. Boil sugar and water. Stir constantly to prevent scorching until it forms a soft, firm ball when tested in water. Add the mashed bananas. Continue stirring until it thickens.

MELON JAM

Peel and dice the flesh of ripe melon. Let stand for 24 hours in 1/2 pound sugar for every 1 pound of melon. Drain the resulting juice and cook to thicken. Add the melon cubes and continue boiling until a kind of firm marmalade is obtained.

PINEAPPLE JAM

1 regular size ripe pineapple

1 kilo sugar

Peel the fruit and remove the eyes. Wash very well and grate with a papaya grater or cut in small pieces and chop fine. To every cup of chopped or grated pulp, add 1 cup sugar. Boil until thick.

NANGKA JAM

3 cups nangka pulp (ripe)

1-1/2 cup sugar

1/3 cup calamansi juice

Place finely chopped jackfruit and calamansi juice in an enamel kettle. Cook, stirring continuously over a medium flame for 5 minutes. Add sugar 1/2 cup at a time at 5-minute interval. Cook until thick.

LANSONES JAM

Peel and separate the segments. Remove the seeds and cut into fine pieces. To 1 cup of pulp, add 3/4 cup of sugar. Boil until thick.

SABA JAM

Boil the ripe banana until soft. Peel and pass through a food chopper. To each cup of the pulp, add 3/4 cup of sugar. Boil until thick.

GUAYABANO JAM

Peel the ripe fruit and remove the seeds. Pass through a meat grinder. To one cup of the

ground pulp, add 3/4 to 1 cup of sugar, depending on the sweetness of the fruit. Boil until thick.

TAMARIND JELLY

4 cups peeled tamarind
2 cups water
1 pair panocha

Boil water and sugar until slightly thick. Add the tamarind and cook until syrup thickens. Stir regularly to avoid burning.

SANTOL MARMALADE

10 santols
2 cups water
1 kilo sugar

Blanch santol until soft. Put in cold water and peel thinly. Remove the seeds and cut pulp into thin strips. Mix pulp, seeds, sugar and water. Boil until syrup thickens. Stir continuously to prevent it from burning. Remove from fire when the seeds and peels become transparent.

GUAVA MARMALADE

Use well ripened or overripe fruit. Slice and place in a kettle with a little water. Boil until the fruit is soft. Press boiled fruit through a

coarse sieve. Mix 1 cup pulp, 3/4 cup sugar and the juice of 1 lemon. Cook until thick.

MANGO MARMALADE

4 mangoes
2 apples
sugar

Wash mangoes. Peel off the skin with a stainless knife. Cut off the seed and add the apples which are cut into strips. To each cup of the mixed fruits, add 1 cup sugar. Boil over moderate heat, stirring constantly to prevent scorching. Boil until the mixture is clear.

DUHAT JELLY

Boil the ripe fruit with a small amount of water. Extract the juice. To each cup of the juice, add 1 cup of sugar and 1 tablespoon of lemon juice. Boil to jellying point. Pour into jars while hot.

GUAVA JELLY

Sort the guavas. Use one part ripe and one part half-ripe guavas. Cut fruits in halves.

To every part, add two parts of water. Boil

until fruit is soft. Mash the fruit while boiling. Strain the juice and measure. To every cup of juice, add 1/2 cup sugar and 1 teaspoon calamansi juice. Boil once and strain. Boil again to jellying point.

GREEN TAMARIND JELLY

1 cup green tamarind juice
3/4 cups sugar

Boil the green tamarind in enough water to cover the fruit. Mash while boiling. Strain the juice and measure. Add the sugar.

Boil once and strain. Boil again to jellying point.

PINEAPPLE PRESERVE

Select ripe but firm pineapple. Peel and remove the eyes. Cut into desired pieces. Wash and arrange in jars. Prepare syrup by boiling one cup sugar to one cup water. Strain. Pour syrup into jar filled with fruit. Remove air bubbles and seal.

SANTOL IN SYRUP

20 ripe, big santols
1 kilo sugar
2 cups water

Boil the santol in enough water to cover until

tender, taking care not to break them. When tender, remove from water, drain and let cool. Peel with a sharp stainless knife, taking care to remove as little meat as possible. Cut each fruit in halves, crosswise to make 2 equal cup-like pieces. Remove the seeds and soak in rice washing overnight. Remove from rice washing and wash well in clean water. Soak again in fresh rice washing for another 12 hours. Remove and rinse well. Boil water in a pan big enough to hold the pieces without crowding. Drop santol in boiling water and cool for 5 minutes. Remove from water and drain.

Make syrup using 2 cups of water and 1 kilo sugar. Boil until syrup spins a thread when dropped from a spoon. Add the drained fruit and cook in syrup for 10 minutes. Remove fruit from syrup and boil syrup anew. When it boils, drop fruit and let boil for 3 minutes. Remove from fire.

NANGKA IN SYRUP

4 cups nangka
1 cup sugar
1 cup water

Place the sugar and water in a saucepan. Cook over a moderate flame for about 15 minutes

syrup is thick. Drop the nangka and cover. Cook for 10 minutes.

MANGO PRESERVE

Select only the fairly ripe but firm mangoes. Slice the mangoes and scoop the pulp with a stainless spoon or pare the mangoes whole and slice. Trim the sides and drop in water. Drain.

Make a syrup using 1 cup of sugar to one cup water. When syrup is thick, pour over fruits packed in jars.

SUHA PEEL PRESERVE

Use immature suha with a smooth peel. Peel very thin the outer portile of the suha with a sharp knife. Cut lengthwise into 6-10 pieces. Remove the pulp and use the thick peeling only. Soak in concentrated brine or salt solution until it becomes very soft. Squeeze or work it with the same brine for about 10 minutes. Wash away all the salt with plenty of water. Squeeze or work it well with cold water until peel is no longer bitter to the taste. Boil in a copper vat (tacho) with plenty of water until tender. Wash with cold

water and squeeze all the water. Drop in syrup consisting of 2 parts of sugar to 1 part of water and boil until tender.

GUAYABANO PRESERVE

Wash the mature but not ripe fruit. Peel and cut into thin slices. Boil in syrup consisting of 2 cups of sugar and 1 cup of water. Let stand overnight. Boil again the next morning for about 10 minutes. Cool.

BANANA SWEETS

10 ripe bananas (saba) 2 cups sugar
2 cups water

Boil sugar in water until it forms into syrup. Drop the bananas and cook until done. Add 1 tablespoon margarine if desired.

BALIMBING PRESERVE

Prick fruit with a pin and press slightly by rolling between the palms of the hands. Continue rolling until all the acid juice is removed. Rinse in cold water and boil in a copper kettle. Squeeze to remove water. Boil 2 cups sugar and 1/2 cup

water in the copper kettle. Add the balimbing and let boil until syrup is thick. Let stand overnight and cook again until thick.

CANDIED BALIMBING

Proceed first as in making preserved balimbing; soaking the balimbing in syrup for one week and heating it every day. When the syrup is very, very, thick, continue cooking it over a slow fire, stirring continually until the syrup dries up. Then dry fruit in the sun.

CANDIED GUAVAS

Select half-ripe guavas. Peel by blanching fruit in 2% lye solution for 1 minute. Wash well and divide into halves. Remove seeds and cook in syrup (2 parts sugar to 1 part water) for 10 minutes.

Soak in the same syrup for 1 week, heating it for five minutes every day. When the syrup is very thick, drain and dry in the sun.

CANDIED SANTOL

Prepare santol fruit as in santol preserve.

Soak in the same syrup for a week, heating the syrup 5 minutes every day. On the last day boil the syrup until thick and add the santol. Continue cooking over a slow fire, stirring constantly until syrup becomes sugary and dries up.

TAMARIND CANDY

Select around 100 good ripe fruit. Peel and arrange well in a deep basin. Boil enough syrup to cover the tamarind in the proportion of 2 cups sugar to 1 cup water. Pour the syrup while hot into the basin of peeled tamarind. Put something heavy on top to keep the tamarind submerged in syrup. After 2 days, drain off and change the syrup with a new one of the same proportion. Repeat the process three times until the tamarind is sweet. Remove the fruit one at a time and arrange on a wire rack. Dry them in the sun. Roll in refined sugar before wrapping.

CHAMPOY

1 cup ripe tamarind with seeds
2 cups camote (boiled and mashed)
2 cups sugar
1/8 cup salt
1 cup water

Mix all the ingredients and cook over a moderate fire, stirring constantly until very thick and can be formed into balls. Place in a pan with 1 cup sugar and mix well. Form into balls and roll in sugar.

PINEAPPLE PASTILLAS

Measure crushed pineapple. For every cup of pineapple, use 3/4 cup white sugar. Chop pineapple fine and mix with sugar. Cook over medium fire in a copper vat (tacho) stirring constantly. When mixture leaves sides of pan and a big ball can be formed, remove from fire. Roll on clean board with rolling pin to 1/2 inch thickness. Cut with a sharp knife. Roll each pastilla in white sugar and wrap in cellophane.

PASTILLAS DE NANGKA

4 cups chopped nangka 4 cups grated coconut
3 cups sugar

Mix above ingredients and cook over low fire. Stir constantly to prevent burning. When mixture leaves sides of pan, remove from fire.

Spread mixture on clean greased table and roll to 1/2 inch thickness. Cut into 2 1/2 by 3/4 inch

pieces. Roll each piece in sugar before wrapping in wax paper.

PASTILLAS DE MANGA

4 cups mango pulp
8 cups sugar
Powdered sugar,

Scrape mango with stainless knife. When done, mix with sugar and cook over moderate heat. Stir continuously to prevent scorching. Cook until quite dry. Beat for a while and pour at once on a greased board. Spread thinly and cut into desired pieces. Roll in powdered sugar and wrap.

ATIS ICE CREAM

3 1/2 cups evaporated milk
3 cups atis pulp seeded
2 cups water
1 1/2 cups sugar

Heat the milk, water and sugar until sugar is melted. Cool and add the atis pulp. Mix well and freeze using 1 part salt to 3 parts ice.

AVOCADO ICE CREAM

2 eggs
1 can evaporated milk (big)

3 cups water
1 avocado
1/2 kilo white sugar
3 tbsp. cornstarch

Mash the avocado pulp and mix with the well-beaten eggs. Add the sugar. Then add the milk and water. Stir until the mixture is even in consistency. Freeze.

BANANA ICE CREAM (LACATAN)

8 cups banana pulp
2 cups fresh milk
1 cup sugar
1/2 cup orange juice

Select fully ripe but not overripe bananas. Remove peelings and outside fibrous portion. Wash and pass through coarse sieve. Mix the ingredients in a bowl. Beat with an egg beater for 3 minutes. Freeze.

MANGO ICE CREAM

1 large ripe mango
3 yolks of eggs
1/2 cup sugar
1 pint milk
1 egg white
1/2 tsp. vanilla

Scald the milk and pour over the beaten egg yolks and white mixed with the sugar. Return to the fire, stirring constantly for ten minutes, taking care that the custard does not boil. Peel the mango,

scrape or cut in small pieces and when custard is cold, mix it with the mango. Flavor with vanilla and freeze.

CAIMITO ICE CREAM

2 cups caimito pulp
2 cups milk
1 cup sugar

Remove seeds and scoop the pulp. Mash the pulp and mix in sugar and milk. Freeze.

CHICO ICE CREAM

2 cups sugar
1 cup water
2 cups chico

Peel fruit and remove seeds. Mash chico flesh and add the milk and sugar. Freeze.

NANGKA ICE CREAM

2 cups milk
1 cup sugar
1 cup nangka meat

Cut nangka meat into small pieces. Nangka may be cooked in syrup before using. Add the milk and sugar to the nangka, then freeze.

MELON ICE CREAM

3 1/2 cups evaporated milk
1 1/2 cups sugar
1/2 cup melon juice

Mix all the above ingredients in a bowl. Then freeze.

LANSONES SHERBET

3 cups lansones (seeded)
2 cups milk
1 cup sugar

Mix the above ingredients and stir until the sugar is dissolved. Freeze. Use more sugar if lansones is sour.

GUAYABANO SHERBET

7/8 cup sugar
1 tbsp. calamansi juice
2 cups guayabano juice
2 cups water
1 egg white

Combine sugar and water and boil for 5 minutes. Cool to lukewarm. Add fruit juice and unbeaten egg white. Pour into a freezing container. Freeze.

WATERMELON ICE CREAM

1 medium sized watermelon
2 tbsp. calamansi juice
1/4 cup sugar (granulated)

Cut the watermelon meat into one-inch chunks Remove seeds and mash. Mix all ingredients and stir until the flavor is evenly distributed. Freeze in ice cream freezer until firm.

PINEAPPLE-BANANA SHERBET

4 eggs
3 tbsp. lemon juice
1/2 cup mashed ripe bananas
1 cup sugar
1/2 cup crushed pine apple (drained)
3/4 cup heavy-whipped cream

Beat egg yolks until thick and lemon colored. Gradually add sugar, then lemon juice. Continue beating until ingredients are blended. Cook in top of double boiler over boiling water until mixture starts to bubble slightly around the edges, stirring often to prevent scorching. Remove from hot water, cool. Stir in pineapple and bananas. Fold in whipped cream and stiffly beaten egg whites. Freeze at lowest temperature 2 to 3 hours.

PAPAYA MILK SHERBET

1 1/2 cups ripe papaya pulp
1 1/2 cups milk
3 tbsp. calamansi juice
1/2 cup orange juice
1 cup sugar

Press papaya pulp through a coarse sieve and add fruit juices. Dissolve sugar in milk and add fruit mixture gradually to the milk. Pour into freezing pan of refrigerator and freeze. Stir every half hour during process.

GUAVA PASTE

Boil ripe guavas for 15 minutes with just enough water to cover. Mash and strain with a sieve. Add 1/2 cup sugar to every cup of guava puree. Add a little ascorbic acid dissolved in a little amount of water to give it a tang. Cook until done like paste. Serve with buttered toast and coffee.

BANANA SPREAD

Soften 2 packages (3 ounces each) cream cheese. Stir in 1 tbsp. chopped maraschino cherries, 1 tsp. sugar, 1/8 tsp. cinnamon. Fold in one medium banana, finely diced. Make 1 1/4 filling.

AVOCADO SPREAD

1 avocado
1/2 clove garlic, minced
1/2 tsp. salt
1 tsp. minced onion
2 tbsp. chili sauce
dash of pepper

Cut the avocado in halves lengthwise. Remove the seed and scoop out the pulp, keeping the shell intact. Mash and blend the pulp with the other ingredients. Refill the shells. Serve with crackers.

BANANA FRITTERS

6 to 8 firm bananas (saba)
Fritter batter

Peel bananas and slice lengthwise. Roll in flour then dip in fritter batter. Fry in hot fat.

Fritter batter:

1 cup sifted flour
1 tsp. baking powder
1/2 tsp. salt
1 egg (beaten)
1/2 cup water
2 tbsp. sugar
4 tbsp. milk

Sift together flour, baking powder, salt and sugar. Add milk and water, then the egg to dry ingredients. Mix until batter is smooth.

BANANA WAFFLES

2 cups all-purpose flour
2 tbsp. sugar
1 1/2 cups milk
1 cup mashed banana
3 tsp. baking powder
3/4 tsp. salt
3 tbsp. shortening
3 eggs

Sift flour, measure and resift three times with remaining dry ingredients. Add mashed bananas

and the rest of the ingredients and beat all together until smooth. Using 1/2 cup of batter for each waffle, bake in a hot waffle iron until golden brown. Serve immediately with hot syrup.

GUINATAANG BAYABAS

25 ripe guavas
coconut milk
2 cups sugar

Boil the guavas in water. Remove the skin and the seeds. Add sugar and cook until the syrup is quite thick. Add coconut milk. Cook five minutes. Serve as dessert or as a relish for meat and chicken dishes.

GLAZED FRIED SAGING NA SABA

5 bananas (saba)
2 tbsp. lemon juice
Margarine
5 tbsp. sugar

Peel bananas. Brush well with lemon juice Roll in sugar. Fry bananas slowly in margarine until tender and evenly golden brown. Serve as a vegetable with roasts, steaks or chops.

BANANA CHIPS

20 unripe bananas (saba)
1/2 teaspoon salt (fine)
1 cup sugar
2 cups lard

Mix the sugar and salt. Add the banana slices to the salt and sugar mixture. Fry in deep fat until golden brown. Cool and separate sticking pieces.

CHILLED MELON

2 cups melon, scraped
2 cups water and melon water
1 cup sugar

Cut the melon into halves and remove the seeds with the juice. Strain the juice and add enough cold water to make 2 cupfuls. With makapuno scraper, scrape the melon. Place all the ingredients in a bowl and chill. Serve cold.

GUAYABANO CHILLER

1 fully ripe guayabano
1 cup sugar
1/2 cup calamansi juice
2 quarts water

Peel the guayabano and mash the soft pulp in one quart of water. Strain the pulp and add the remaining water to the strained juice. Add calamansi juice. Sweeten to taste. Serve with ice cubes.

GUAVA JUICE

3 kilos ripe guavas
2 1/2 gallons water
3 cups sugar

Trim guavas, wash and slice thin. Add enough water and cook to boiling point. Strain. Add 2 cups sugar to every gallons. Freeze. Serve ice-cold. Make 1 1/2 gallons.

MANGO JUICE

1 dozen ripe mangoes
1 1/2 gallons water
3 cups sugar
15 calamansi

Wash and peel mangoes. Remove seeds and mash the fruit. Add water, sugar and calamansi juice. Freeze. Serve ice-cold.

DUHAT JUICE

To a cup of duhat from which seeds have been removed, add 1 cup of water and strain through cheese cloth. Add one-fourth cup syrup to every one-fourth cup of duhat juice. Chill and serve with lots of ice cubes in tall glasses. Garnish with orange or lemon wedge.

To make syrup, boil 1 cup sugar to 1 cup water.

GUAYABANO-DUHAT PUNCH

3 cups guayabano juice
3 cups water
3 tbsp. duhat juice
1 cup sugar

Mix ingredients and stir until sugar is dissolved. Pour over cracked ice and serve.

FRUIT PUNCH

1/2 dozen lemons
1 naranghita
1 banana
1 pint weak tea
2 cups sugar
2 1/2 quarts water

Mix well all ingredients and serve ice-cold.

ATIS SPARKLER

1 cup ripe atis pulp
4 cups water
4 tbsp. calamansi juice
1/2 cup plus 2 tbsp. sugar

Place atis pulp and calamansi juice in a blender with 1 cup water. Cover. Turn on blender and run for 1 minute or until mixture is well blended. Pour blended ingredients into pitcher. Stir in sugar and add 3 cups water. A drop of food coloring may be used. Place ice cubes in glass and pour sparkler before serving.

PINEAPPLE-GUAYABANO NECTAR

3 1/2 cups guayabano juice
2 cups sugar
1 cup pineapple juice
2 tbsp. calamansi or orange juice

Combine sugar and water and boil 5 minutes. Let cool until the mixture is lukewarm. Add the fruit juices. Pour over cracked ice or serve with pink fruit ice made from frozen tinted pineapple and guayabano nectar.

PAPAYA-PINEAPPLE NECTAR

2 cups diced ripe papaya
2 1/2 cups pineapple juice
1/4 cup calamansi juice
1/2 cup sugar

Peel papaya and cut into pieces. Force through a coarse sieve. Combine with the rest of the ingredients. Stir until sugar is dissolved. Pour over cracked ice and serve cold.

TAMARIND NECTAR

2 cups shelled tamarind
5 1/2 cups sugar
6 cups water

Soak peeled tamarind in water overnight. Add sugar and boil for 15 minutes. Strain mixture through a coarse sieve, rubbing through as much

of the pulp as possible. Heat the syrup to boiling point. Later the syrup may be diluted with cold water to make a refreshing drink.

SANTOL ADE

4 ripe santol
4 cups ice water
1/2 cup sugar

Peel the santol and chop to pieces. Add sugar and ice water. Tint with food coloring (red) if you like.

PAPAYA ADE

2 cups mashed ripe papaya
1/2 cup sugar
1/2 cup calamansi juice or pineapple juice
2 cups ice water

Pass ripe papaya through a fine sieve. Add the fruit juice, sugar and ice water. This makes a very attractive fruit ade besides giving plenty of ascorbic acid or vitamin C. Serve cold.

TAMARIND ADE

12 ripe tamarind
1/2 cup sugar
2 cups ice water
1/2 cup calamansi juice

Peel the tamarind and boil in little water. Strain, then add calamansi juice, sugar and ice water.

SANTOL PUNCH

12 santols
12 calamansi
3 cups sugar
10 cups water

Blanch the santol. Pare and cut into pieces. Boil in stainless saucepan with water until fruit is soft. Strain and let cool for a while. Add the calamansi juice and sugar. Stir very well to dissolve sugar. Chill and serve cold.

GUAVA PUNCH

20 guavas
10 calamansi
sugar

Wash the ripe guavas and cut into small pieces. Put in a kettle and add enough water to cover and boil. When well boiled, stain carefully and add the calamansi juice and sugar according to taste. Chill and serve cold.

GUAYABANO PUNCH

1 fully ripe guayabano
1 cup sugar
juice of 1 or 2 calamansi
12 cups of water

Wash the guayabano and divide. Scoop out the pulp and mash in 4 cups water. Strain carefully and add thin syrup made from remaining water and sugar. Add calamansi juice and serve cold.

PINEAPPLE PUNCH

1 1/2 ounces rum
2 ounces pineapple juice
1 tsp. lime juice
1/2 tsp. sugar

Blend ingredients except pineapple juice with crushed ice in electric mixer. Then pour into pineapple juice.

PAPAYA PICKLE

Grate green papaya and measure. To every 8 cups of grated papaya add 1 cup coarse salt. Work with the hands and extract the juice. Soak in plain vinegar overnight. The next day extract most of the vinegar from the papaya.

For every 8 cups of the papaya, allow the following: one head garlic, twenty or more native onions, sliced into thin pieces, two red sweet peppers, two green peppers sliced and 1/2 cup sliced

ginger. Mix all ingredients together and pack loosely in clean jars.

Make a syrup out of vinegar, sugar and salt. 1 cup vinegar, 2/3 cup sugar and 1 tsp. salt.

Boil the syrup once or just long enough to melt the sugar and salt. Cool a little and pour into bottles of prepared vegetables. Remove air bubbles. Seal tightly.

MANGO CHUTNEY

8 cups of sliced mature mangoes
8 cups brown sugar
1 hot pepper
3 cups vinegar
1 large piece of ginger
3 segments of garlic
3 small boxes of raisins
1 tbsp. salt

Boil the vinegar, salt and brown sugar and strain through a piece of thick cloth. Boil again for 15 minutes. Add the sliced mangoes and continue boiling until soft. Add the raisins, then the sliced garlic and hot pepper and boil 5 minutes. Lastly, add the finely sliced ginger and boil until thick.

SUHA RELISH

4 tbsp. vinegar
1 pinch of salt
1 tbsp. sugar
1 pomelo (ripe)

Peel native ripe pomelo with extreme care. Pomelos tend to become bitter if the knife touches the pulp. Remove the white membrane covering from each segment. Arrange pomelo slices in a dish. Chill. Just before serving pour the dressing made of vinegar, sugar and salt. See proportion above.

GREEN MANGO SALAD

1 cup green mango
1/4 cup native onions
Salt
1/2 cup tomatoes
1/4 cup cooked alamang

Mix all the ingredients in a bowl and serve.

CHICKEN TINOLA WITH PAPAYA

1 small green papaya
1 small chicken
2 cloves garlic
3 tbsp. lard
3 small onions
Patis to taste

Dress the chicken and cut into serving pieces. Pare the papaya and cut into squares. Slice the onions and crush the garlic. Heat the lard and saute garlic until brown. Add the chicken, onions and patis. Cover and allow to simmer for 5 min-

utes. Uncover and add water. Boil until meat is tender. Add the papaya and cook till done.

PORK AND LIVER WITH PINEAPPLE

1 kilo pork and liver
2 good sized tomatoes
1 small pineapple (half ripe)
2 cloves garlic
1 onion
1 cup water
3 tbsp. lard
salt to taste

Wash and slice pork and liver into serving pieces. Slice the onion and tomatoes. Crush the garlic. Heat the lard. Add the garlic and brown. Add the slice pork and liver. Sprinkle with salt. Saute again until the juice dries and lard comes out of pork. Add the pineapple (cut into cubes) and cover. Cook until the meat is tender.

PORK WITH GUAVAS

1 lb. pork or beef with fat
1 tsp. salt
6 large, ripe guavas
1 1/2 cups water
2 tbsp. patis
3 pepper leaves

Cut the meat into 1 inch cubes. Add salt and cook for about 2 or 3 minutes or until the fat be-

gins to ooze out. Add guavas which have been peeled and cut in halves and pepper leaves. Add water and boil until meat is tender.

ESCABECHE WITH PAPAYA

1 fish (preferably bangus)
1 small green papaya
2 heads garlic
1 piece ginger root
3 tbsp. lard
1 cup vinegar
1 tbsp. sugar
salt to taste

Clean fish and cut into serving pieces, then salt. Slice the onions, garlic and ginger. Fry the fish and set aside. Saute garlic, until brown then add the ginger and onions. Add the vinegar and sugar and salt mixture. Boil for 5 minutes. Add the grated papaya and cook until the papaya is done. Then add the fried fish.

FISH WITH SABA BANANAS

Clean the fish, sprinkle with salt and lay aside for 15 minutes.

Roll in banana leaves and boil for 35 minutes in the following mixture.

1 sliced onion
3 cups water

1/2 tsp. salt
Dash of black pepper
2 sliced tomatoes

Drain, remove wrapper, place on a platter and cover with mayonnaise. Garnish with boiled ripe, saba bananas, cut lengthwise in 1/2 inch slices.

CRAB STUFFED AVOCADO

1/2 cup mayonnaise
1/4 cup minced pimiento
dash of tabasco
2 ripe avocados
1 1/2 cups chilled crab meat or lobster meat
1/2 cup minced celery
2 tsp. lemon juice
1/8 tsp. Worcestershire sauce
salt

Combine first 6 ingredients. Cut avocados into halves lengthwise. Remove pits, peel and sprinkle with lemon juice and salt. Arrange each half on bed of crisp greens. Fill halves with crab meat. Then top each with some dressing.

BEEF WITH GREEN PAPAYA

2 green papayas
1/2 cup pepper leaves
2 tomatoes
1/2 lb. beef

3 cloves garlic
1 tbsp. lard
Patis

Saute the garlic and other ingredients except the pepper leaves and papayas. Add water and boil. Drop the papayas and cook until tender Before removing from fire, add the pepper leaves.

PORK WITH TAMARIND

10 radishes with leaves
3 ripe tomatoes
5 eggplants
1 lb. meat or pork
2 unripe tamarind
2 pieces upo

Boil the meat in 6 cups of water with tomatoes and unripe tamarind. When tender drop the other ingredients, then add salt. Squeeze the juice from the tamarind and strain. Add it to the broth.

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